



Miami County YMCA Diabetes Education, Support & Self-Management Program

This program is designed to bring awareness and education to the community about the risk factors related to diabetes and chronic illnesses associated with diabetes. Individuals chosen will be enrolled in a eight week program. This program will include educational seminars, free personal training and membership with the Miami County YMCA during the 8 week program and for 6 months upon completion. The class will be held at the YMCA's **Piqua Branch** on Tuesday evenings at 6:30pm. **This is a free program for those that qualify through referral. Please return the attached referral form once completed to Heather Sever at the YMCA.**

Each of the eight week sessions will concentrate on various topics to help participants to establish good habits and learn how to manage their pre-diabetes or diabetes symptoms:

- April 10th**
Diabetes Education and Information
- April 17th**
Diabetes and Physical Activity
- April 24th**
Nutrition—Cornerstone to Better Health
- May 1st**
Understanding how Diabetes Affects the Total Body
- May 8th**
Pushing Through Barriers
- May 15th**
Let's Go Shopping
- May 22nd**
Pulling the Pieces Together - Discovering Total Health and Wellness
- May 29th**
Celebrating Steps to Better Health

Contact Heather Sever at 773-9622 or h.sever@miamicountyymca.net for information on how to register for this program.

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

