



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

DIABETES PREVENTION PROGRAM GREATER WICHITA YMCA

**You can reduce your risk for
type 2 diabetes and gain tools
for healthy living.**

Did you know that losing a modest amount of weight and increasing your physical activity could help you prevent or delay type 2 diabetes? Learn how the YMCA's Diabetes Prevention Program can help you reach your healthy living goals.

**For information about program fees,
financial assistance or to see if you
qualify, contact:**

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The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program.

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

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