



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOSE weight, GAIN health!

YMCA's Diabetes Prevention Program Pasco County Schools Employees

Our one-year **evidence-based** program is designed to enable adults to make lifestyle changes that will improve their overall health and reduce their risk of developing type 2 diabetes.

During the classroom-based sessions, participants will learn to **make healthy food choices, increase physical activity and lose weight** with the guidance and support of a YMCA trained lifestyle coach.



Program Structure:

- 16 weekly sessions
- 3 sessions every other week
- 6 monthly sessions

For class schedules, more information, and to enroll, contact:

Bridget Piephoff, 813-922-2808

BPiephoff@tampaymca.org

Added Benefits:

1. If you have Florida Blue insurance, you may be eligible to participate at NO COST.
2. Your covered dependents are also eligible.
3. Participants receive a FREE 4-month membership to the YMCA.