



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 will enable adults to make lifestyle changes that will improve their overall health and reduce the risk of developing type 2 diabetes. 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.



***Employees on the company health plan with Florida Blue may be eligible to participate at NO COST.**

To enroll, contact respective YMCA rep:

- Centennial Middle: Thursdays, 4:30pm, 1/28 : 813-922-2808

- Thomas Weightman: Wednesdays, 5pm, 1/27 OR

- East Pasco Y: Thursdays, 6:30pm, 2/4 bpiephoff@tampaymca.org

- Hernando Y: Thursdays, 5:30pm, 1/28 : 727-379-2473 OR

Gills Y (New Port Richey): Thursdays, 6:30pm, 1/21 Scruff@suncoastymca.org