

MERRIMACK VALLEY YMCA'S DIABETES PREVENTION PROGRAM (YDPP)

Did You Know?

Diabetes has become a
national epidemic.

Diabetes risk goes up as your
weight increases.

Diabetes can be prevented.

THE PROGRAM

In a small group setting, a
trained lifestyle coach guides
you on a path towards:

- Healthy nutrition
- Weight loss
- Staying motivated

PROGRAM GOALS

- Achieve healthier body weight
- Increase physical activity
- Reduce your risk



**We are taking registration for
upcoming classes.**

Small Groups!

Flexible Times!

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