



The YMCA of Greater Cleveland and the Diabetes Association of Greater Cleveland present a **FREE Diabetes Education and Self-Management Program.**

The no-cost 10-week program includes a weekly class with a registered dietitian, certified diabetes educator, and YMCA of Greater Cleveland Health and Wellness Professionals.

Through the program, you will learn how to properly use a blood glucose meter, learn about the effects diabetes has on the body, and you'll realize the benefits of physical activity. Participants will have access to YMCA of Greater Cleveland facilities and exercise classes throughout the 10-week period. After successful

completion of the program with 90% attendance at all classes, participants will receive a **free six-month membership** to the YMCA.

You will also learn general exercise principles, proper nutrition, how to make healthy eating choices, explore the importance of reading food labels, and learn about making long-term healthy lifestyle choices. All this, plus exposure to a wide array of Greater Cleveland YMCA programs and activities.

Space is limited and pre-registration is mandatory.

Upcoming Classes (please choose one location):

Fridays, 9–10 a.m.
March 12 – May 14, 2010
(first class meets 9–10:30 a.m.)

Southeast Family YMCA
460 Northfield Road
Bedford 44146
(216) 663-7522

Registration deadline: March 10

Tuesdays, 6–7 p.m.
April 6 – June 8, 2010
(first class meets 6–7:30 p.m.)

Downtown Family YMCA
2200 Prospect Avenue,
Cleveland 44115
(216) 344-7700

Registration deadline: April 2

Thursdays, 3–4 p.m.
April 8 – June 10, 2010
(first class meets 3–4:30 p.m.)

Euclid Family YMCA
631 Babbitt Road,
Euclid 44123
(216) 731-7454

Registration deadline: April 2

www.clevelandymca.org

Program Registration Form

Registration Form and Doctor Referral Form must be completed at the time of registration

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Diabetic Pre-diabetic High risk for diabetes