



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE DIABETES EDUCATION & SELF-MANAGEMENT PROGRAM



Presented by the YMCA of Greater Cleveland and the Diabetes Association

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.

Individuals previously enrolled in the Diabetes Education and Self Management program are not eligible to participate.

Registration deadline is Monday, March 14, 2011.

Space is limited and pre-registration is mandatory.

SOUTHEAST FAMILY YMCA

460 Northfield Road, Bedford 44146

(216) 663-7522

Fridays, 9-10 a.m.

March 18-May 20, 2011

Program Registration Form

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

Name _____

Diabetic

Address _____

Pre-diabetic

City, State, Zip _____

High risk for diabetes

Phone _____ Email _____