

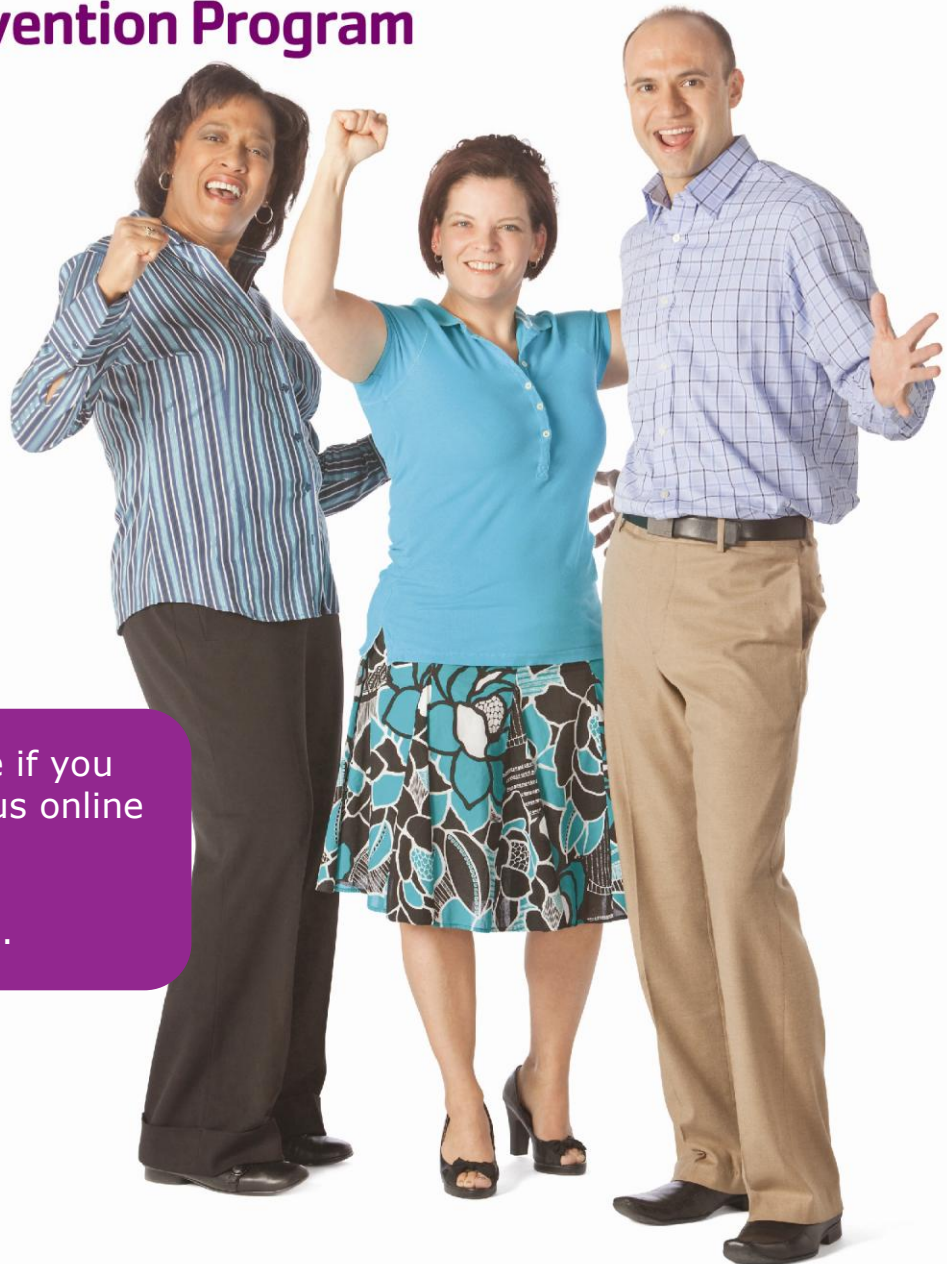


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU CAN TAKE CONTROL

YMCA's Diabetes Prevention Program New Class Launch Monday, February 13

Did you know that one in three adult Americans is at high risk for diabetes? Learn your risk factors and take control. Our Diabetes Prevention Program is launching a new 24-session class at the Barco-Newton Family YMCA held on Mondays from 7:00pm – 8:00pm.



For more information or to see if you qualify for this program, visit us online or contact Lisa Peabody at 904.265.1810 or lpeabody@FirstCoastYMCA.org.

YMCA OF FLORIDA'S FIRST COAST
Barco-Newton Family YMCA

FirstCoastYMCA.org