



About the I CAN Prevent Diabetes Program.....

Learn how to create a healthier lifestyle and prevent diabetes in this 16-week diabetes prevention program. Groups will meet with a trained YMCA instructor once a week to help participants lose weight, eat healthier and increase physical activity.

Classes begin January 15, 2008, and will be held every Tuesday beginning at 6:30pm for 16 weeks. Periodically, the program will include enhanced sessions where participants will focus on topics related to specific nutrition or physical activity concepts. If classes are cancelled due to inclement weather, additional sessions will be added to complete the 16 week program.

For more information about the I CAN Prevent Diabetes program, contact the Rochester Area Family Y at (507) 287-2260 ext 332.

The I CAN Prevent Diabetes Program is co-sponsored by:



Rochester Area Family Y
709 – 1st Avenue SW
Rochester, MN 55902

“We build strong kids, strong families, and strong communities.”

Meet the I CAN Prevent Diabetes Program Facilitators.....

The trained facilitators of the I Can Prevent Diabetes Program will focus on a group-based intervention of the Diabetes Prevention Program adapted by David Marerro, PhD and Ronald T. Ackermann, MD, MPH. The program has been structured and planned in collaboration with Olmsted Medical Center, Rochester Area Family Y and Steps to a Healthier Rochester.

Jamie Friend holds a bachelor of science degree in Exercise Science from Winona State University. Currently, she is the Health Development Director at the Rochester Area Family Y. Friend holds certifications in personal training, group exercise and yoga instruction. She is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and has over 9 years of experience in the fitness industry.

Ben Chambers holds a bachelor of science degree in Exercise and Sports Science from the University of Wisconsin, LaCrosse. In August 2007, he was certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist. Chambers is currently employed with the Rochester Area Family Y as a Personal Training Instructor.

Registration

Registration is required as space in the I CAN Prevent Diabetes Program is limited to 10 participants (six support persons can attend for a nominal fee). Registration will be taken on a first come, first serve basis.

To register for the I CAN Prevent Diabetes Program or for more information, contact the **Rochester Area Family Y at 287-2260 ext 332.**

Schedule.....

SESSION DESCRIPTION	TIME FRAME	SESSION DESCRIPTION	TIME FRAME
SESSION 1: Welcome & Getting Started!	January 15, 2008 6:30 pm—7:30 pm	SESSION 13: Jump Start Your Activity Plan!	April 8, 2008 Enhanced Session* 6:30 pm—8:00 pm
SESSION 2: Be a Fat and Calorie Detective!	January 22, 2008 6:30 pm—7:30 pm	SESSION 14: Make Social Cues Work for You!	April 15, 2008 6:30 pm—7:30 pm
SESSION 3: Ways to Eat Less Fat and Fewer Calories!	January 29, 2008 Enhanced Session* 6:30 pm—8:00 pm	SESSION 15: You Can Manage Stress!	April 22, 2008 6:30 pm—7:30 pm
SESSION 4: Healthy Eating!	February 5, 2008 6:30 pm—7:30 pm	SESSION 16: Ways to Stay Motivated!	April 29, 2007 6:30 pm—7:30 pm
SESSION 5: Move Those Muscles!	February 12, 2008 6:30 pm—7:30 pm		
SESSION 6: Being Active: A Way of Life!	February 19, 2008 6:30 pm—7:30 pm		
SESSION 7: Tip the Calorie Balance!	February 26, 2008 Enhanced Session* 6:30 pm—8:00 pm		
SESSION 8: Take Charge of What's Around You!	March 4, 2008 6:30 pm—7:30 pm		
SESSION 9: Problem Solving!	March 11, 2008 6:30 pm—7:30 pm		
SESSION 10: Four Keys to Healthy Eating Out!	March 18, 2008 Enhanced Session* 6:30 pm—8:00 pm		
SESSION 11: Talk Back to Negative Thoughts!	March 25, 2008 6:30 pm—7:30 pm		
SESSION 12: The Slippery Slope of Lifestyle Change!	April 1, 2008 6:30 pm—7:30 pm		

*Enhanced sessions will be held on-site at the Rochester Family Y or stay tuned for possible field trip destinations!



One of the enhanced nutrition sessions will focus on healthier grocery shopping!

Program Cost

The participant fee is \$160.00 (\$10 per session). Participants can invite a support person to attend the program with them for \$40.

Payment arrangements (2 installments) can be made with the Rochester Area Family Y. Call 287-2260 ext 332 for more information.