



**I CAN**  
**Prevent Diabetes!**  
Individuals and Communities  
Acting Now to Prevent Diabetes

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<sup>th</sup>, 2008  
and will be held  
every Tuesday starting at 6:30 pm  
for 16 weeks.

See the program brochure for  
a more detailed outline.

Space is limited – register today!

Call: 287-2260 ext 332



Rochester Area Family Y  
709 – 1<sup>st</sup> Avenue SW  
Rochester, MN 55902

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

Co-sponsored by:

