



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING



## Diabetes Prevention Program LE MARS YMCA

Learn about our new Diabetes Prevention Program. The next Le Mars session starts October 19. An estimated one in three U.S. adults has prediabetes, yet only 11% know they have it. Take the easy online survey to see if you are at risk for prediabetes or type 2 diabetes. Visit [www.lemarsymca.org](http://www.lemarsymca.org) to take the quick survey and for program details.

Questions: Contact Jacque Perez, Norm Waitt Sr. YMCA's Wellness Director, at 402-404-8439.