



The Greater Marinette-Menominee YMCA Offers the National Diabetes Prevention Program

Have you been told you have prediabetes, a borderline high blood sugar, or a history of gestational diabetes? If so, the National Diabetes Prevention Program (NDPP) may interest you.

The NDPP is an evidence-based lifestyle change program for people with prediabetes or at high risk for developing type 2 diabetes, proven to help people lose weight and prevent or delay onset of type 2 diabetes by 58%.

A new class starts in September at the Greater Marinette-Menominee YMCA in Menominee, and the program is FREE to the public.

**Mondays, September 26th – January 23rd
5:00 – 6:00 pm CST**

***Monthly meetings to follow (February – August)**

Please call 906-863-9983 for more details and to sign up.

www.mmymca.org

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