Testimonial

The YMCA Diabetes Prevention Program has helped educate me on better nutrition choices and ways to increase my physical activity. It also gave me some accountability by attending weekly classes during the first 4 months. I also like the variety of activities to engage the class like the band exercises, and the cooking demo. I make an effort to get in more exercise now. Thank you for offering this lifestyle changing class to provide valuable nutrition and exercise information.

Devon DeJohn