Rita’s Success Story

Thakurbasi Pancham (Rita)

Diabetics Prevention Class

This class has been giving us so many valuable lessons on various things in which we can make a better lifestyle eating and staying healthy.

Some examples are:

Frist of all; we must thank The YMCA for giving us the free membership for 1 year which is really great; so there are no excuses for not being able to do our exercises. The YMCA facility has many equipment and classes in which we can take part and would definitely which can help us to make a change and stay healthy.

We must also be thankful for our Teacher, Nicole for doing such a fantastic job in teaching this class. She has thought us so many things; eating healthy; shopping for healthy items; exercises, yoga and so many other things. I cannot begin to thank her enough.

I just hope and wish this class can continue so it can help others as well as I highly recommend as it never too late to learn.

Meeting and hearing from everyone at the meeting is also inspiring sharing our goals and experience.

February 13, 2019