



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# MEASURABLE PROGRESS UNLIMITED SUPPORT

Diabetes Prevention Program  
YMCA OF GREATER SPRINGFIELD

## CLASSES ARE FORMING NOW!

**PLEASE CALL FOR SPECIFIC DAYS AND TIMES FOR UPCOMING CLASSES**

To see if you qualify or for additional information, contact:

P: 413.739.6951 E: [ymcadpp@springfieldy.org](mailto:ymcadpp@springfieldy.org)

**YMCA MEMBERSHIP NOT REQUIRED.**

The YMCA's Diabetes Prevention Program is a CDC-approved curriculum and part of the CDC-led National Diabetes Prevention Program.

