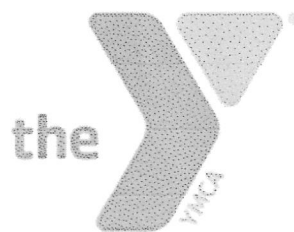




## **Challenge Diabetes Program**

In participation with



YMCA OF GREATER SPRINGFIELD

When you have diabetes, physical activity can be a life saver. The reason is that muscle tissue takes glucose directly out of the bloodstream without requiring medication. It either burns the glucose right away for energy or it stores it for future use. You don't need to look like Arnold in his prime, but the more muscle mass you have and the more active you are, the more you can lower your blood glucose level naturally.

CDP teaches diabetes basics and is an opportunity to get to know others who also fight it.

The next CDP is on Wednesdays September 6, 13 & 20 at 6:00 PM  
Classes are at the Downtown Springfield YMCA 275 Chestnut St. Springfield, MA

For information or to sign up:

Call: 413-567-0660

Email: [coordinator@challengediabetes.us](mailto:coordinator@challengediabetes.us)

Visit: [www.challenge diabetes.us](http://www.challenge diabetes.us)

CDP is free and open to anyone who has diabetes, lives with someone who does or simply wants to learn about it.



Scantic Valley Regional Health Trust