



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**ARE YOU AS
HEALTHY AS
YOU COULD BE?**

Are You Ready to Live a Happier, Healthier Life?

It's time to take charge of your health!

The YMCA'S Diabetes Prevention Program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes.

**NEW CLASS BEGINS:
Tuesday, February 4, 2020**

Classes held—Tuesdays 5:45-6:45 PM

Mercy Health Lakeshore
Conference Room
72 S State St. Shelby, 49455

For more info or to enroll:

Call Kelli at
(231) 722-9622 ext. 205

or email at:
YDPP@muskegonymca.org

