



**“I’m so glad I joined
this program so I
can be there for
my grandkids.”**

REDEFINE YOUR HEALTH TODAY!

Join the Diabetes Prevention Program at no cost to Santa Clara Family Health Plan Cal MediConnect Plan (Medicare–Medicaid Plan) members

You can reduce your risk for type 2 diabetes.

The YMCA’s Diabetes Prevention Program focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives.

By participating in the program, you will learn how to:

- Reduce your body weight
- Increase physical activity
- Eat healthier
- Increase energy and confidence

**Learn how to make lasting,
healthy lifestyle changes!**

**If you have questions,
email ymcadpp@ymcasv.org
or call 408-351-6440.**

SUBMIT YOUR INTEREST



The Y is a nonprofit organization committed to strengthening our community through youth development, healthy living and social responsibility.

*YMCA membership not required.