

Diabetes

Prevention & Control



The **YMCA of Greater San Antonio** and **The City of San Antonio Metropolitan Health District** have teamed up to fight diabetes from two fronts. Whether you are at risk for type 2 diabetes or if you have been diagnosed, we have a FREE program for you!

YMCA's Diabetes Prevention Program

By adopting healthy habits, you can reduce your risk of type 2 diabetes by nearly 60%! We'll show you how.

This FREE program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk of developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period beginning with 16 weekly sessions followed by monthly maintenance.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI > 25) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes. * For more information call (210) 924-8858.

*individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

Y Living Program*

Make healthy living and diabetes prevention a family affair!

The Y Living Program is a **FREE 12-week series of holistic wellness classes** that empower families to obtain total health through enriching the spirit, mind and body. Families learn techniques to reduce and prevent chronic illness that results from obesity and sedentary lifestyles through educational seminars and physical activity. The Y Living Program takes an evidence-based approach to diabetes prevention and has already changed the lives of hundreds of people right here in San Antonio! For more information contact (210) 924-8858.

*A collaboration with UT Health Science Center's Institute for Health Promotion Research (UTHSC-IHPR)

Diabetes Self-Management Program

An Evidence-Based Self-Management Stanford Workshop developed at Stanford University.

The **FREE Self-Management Program offered by Metro Health** provides support for individuals to take control of their health. Through a series of six healthy living workshops, participants will learn skills to safely manage the symptoms of diabetes. Each workshop encourages participants to share experiences and support one another along the way.

Topics covered include:

- Controlling symptoms
- Exercise for strength and energy
- Healthy eating
- Medication use
- Working with your doctor
- Setting goals
- Problem solving
- Relaxation techniques
- Dealing with negative emotions

Workshops are open to adults with diabetes and their family members or caregivers. For more information call (210) 207-8802.

Lower
Your Risk

Lower
Your Risk

Take
Control

www.DiabetesHelpSA.com

This program is endorsed by the
American Diabetes Association.

