

Free Diabetes Class

The 10-week educational sessions will be led by a combination of YMCA staff, registered dietitians, certified diabetes educators, nurses, and health educators.

WWW.YMCANET.ORG

Where: Calcutta YMCA Program Center

When: Beginning April 2010

What is needed: A referral form completed by your physician, these forms is available at the YMCA front desk.

Length of Class: 10 weeks/ 1 evening meeting per week

Requirements:

- Working out through out those 10 weeks
- Keeping a food and activity log.

By completing the 10 week program you will be given a complimentary 6-month membership to the YMCA.

East Liverpool Area YMCA

500 East 4th Street

East Liverpool , OH

330 385 0663

Calcutta YMCA Program Center

15655 State Route 170

East Liverpool, Oh

330 385 6400