

**86** MILLION HAVE  
**PREDIABETES**

ONLY **9** MILLION ARE  
ABOUT **AWARE OF IT**



Source: Centers for Disease Control and Prevention  
(2014)

[ymca.net/diabetes](http://ymca.net/diabetes)

**YMCA'S DIABETES  
PREVENTION PROGRAM  
Orientation held at the  
Flower Mound Public Library  
August 14, 2017 1:00 pm  
3030 Broadmoor Lane  
Flower Mound, TX**

Learn how to adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight to reduce your Diabetes risk.

For more information contact Tracey Burns, Director of Healthy Lifestyles—214-561-1509, [tburns@ymcadallas.org](mailto:tburns@ymcadallas.org).

