



Where health goals  
are achieved!



Overcome challenges  
like chronic disease

# Diabetes Fit

*Exercise and healthy eating are vital to  
diabetes prevention and management*



- Learn how to start a safe and effective exercise program
- Learn the basics of healthy eating
- For anyone who is at risk of developing diabetes or those with type 2 diabetes
- Learn, move and connect for better health

**Tuesdays & | 10:00 – 11:00 am, 1:00 – 2:00 pm**  
**Thursdays | or 7:15 – 8:15 pm**

**October 10 – November 30, 2017**

Program meets for 1 hour sessions, 2 times per week for 8 weeks

**YMCA Members: no cost**

**Non-YMCA Members: \$60 + HST**

including a YMCA membership for the duration of the program

*Payment options and membership subsidy available*

Book a free consultation to see if this program is a fit for you:  
Contact Naime Tugac: [ntugac@ckwymca.ca](mailto:ntugac@ckwymca.ca), 519-743-5201 x 238

**Limited space available**

**Register today**