

## What is this?

The ABC's of Diabetes is designed to bring awareness and education to our community about the risk factors related to diabetes and chronic illnesses associated with diabetes.

## When?

Every month, the Licking County Family YMCA and our partners will host monthly educational seminars on various topics related to diabetes management.

The first is Monday, January 16, from 6–7 p.m.

We will meet in the YMCA lobby at 5:45 p.m.

## Cost?

This program is **FREE** to both members and non-members of the Licking County Family YMCA.

Please join us!

**YMCA Mission:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

2017 The ABC's of Diabetes  
brought to you by the  
**LICKING COUNTY FAMILY YMCA**  
in collaboration with  
Licking County Diabetes Forum



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2017

# THE ABC'S OF DIABETES



Get to the heart  
of being healthy



**LICKING COUNTY FAMILY YMCA**

470 W. Church St., Newark, OH 43055  
740-345-9622 | [www.lcfymca.org](http://www.lcfymca.org)

## PROGRAM OUTLINE

Being diagnosed with diabetes can be daunting. This program can help ease the minds of you and your loved ones with education and information that can help you live healthy with diabetes.

This educational program will be led by a combination of YMCA staff, registered dietitians, certified diabetes educators, nurses and health educators from the local community.

**Register today!  
Space is limited!**

For more information contact Kajsas at 740-345-9622 or e-mail [kajsas.wermelin@lcfymca.org](mailto:kajsas.wermelin@lcfymca.org)



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## STOP being afraid of what could go wrong and think about what could go right!

Let us help you succeed by expanding your knowledge to prove that diabetes need not hold you back from your dreams!

### Schedule

Classes held at 6 p.m. the third Monday of each month for the following dates. You may attend any and all sessions. To register, contact Kajsas at 740-345-9622 or e-mail [kajsas.wermelin@lcfymca.org](mailto:kajsas.wermelin@lcfymca.org)

#### JANUARY 16

Food Prep and Meal Planning on a Budget

#### FEBRUARY 20

Understanding Insurance Coverage for your Medications

#### MARCH 20

Exercise Options and Weight Management

#### APRIL 17

Diabetes Basics: Part 1

#### MAY 15

Medication Management

#### JUNE 19

Open Forum

#### SEPTEMBER 18

Diabetes Basics: Part 2

#### OCTOBER 16

Recipe Modifications

#### NOVEMBER CELEBRATION

(Date to be determined)



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**