

### 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 29, 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.

2018 The ABC's of Diabetes  
brought to you by the  
**LICKING COUNTY FAMILY YMCA**  
in collaboration with  
**Licking County Diabetes Forum**

**For more information, contact  
Kajsa at (740) 345-9622 ext. 105  
or e-mail  
kajsa.wermelin@lcfymca.org**



**LICKING COUNTY FAMILY YMCA**

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

**2018**

# The ABC's of Diabetes



**Get to the heart  
of being healthy**



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## 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!**

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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!



**LICKING COUNTY FAMILY YMCA**

## Schedule:

Classes held at 6 p.m. on the designated Mondays listed below. You may attend any and all sessions. To register, contact Kajsa at (740) 345-9622 ext. 105 or e-mail [kajsa.wermelin@lcfymca.org](mailto:kajsa.wermelin@lcfymca.org).

**January 29**

**New year, new you!**

**February 26**

**Diabetes 101.**

**March 26**

**Healthy meal planning.**

**April 30**

**Understanding your medications.**

**May 21**

**Benefits of movement.**

**June 25**

**Bring your questions!**

**September 24**

**Diabetes 101.**

**October 29**

**Virtual grocery tour and recipe modifications.**