



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Diabetes Prevention Program

YMCA of Metropolitan Milwaukee Monthly Class Schedule May – August 2015

May

Date	Time	Location	Coach & Topic
Thurs, 5/7	6:00-7:00pm	Rite-Hite Y	Denise: Healthy Cooking: Food Prep/Recipe Modification
Tues, 5/12	5:15-6:15pm	Hayat Pharmacy	Maureen: Life with Type 2 Diabetes
Wed, 5/20	5:30-6:30pm	Downtown	Katy: Maintaining Your Healthier Lifestyle
Wed, 5/27	7:15-8:15pm	Luther Manor	Meg: Eating to Prevent Diabetes: Menu Planning

June

Date	Time	Location	Coach & Topic
Thurs, 6/5	6:00-7:00pm	Rite-Hite Y	Denise: Barriers to Regular Physical Activity
Tues, 6/9	5:15-6:15pm	Hayat Pharmacy	Maureen: Diabetes Prevention Mindset
Wed, 6/17	5:30-6:30pm	Downtown	Katy: Saturated, Unsaturated & Trans Fats
Wed, 6/24	7:15-8:15pm	Luther Manor	Meg: Emotions & You

July

Date	Time	Location	Coach & Topic
Thurs, 7/2	6:00-7:00pm	Rite-Hite Y	Denise: Handling Holidays, Vacations and Special Events
Tues, 7/14	5:15-6:15pm	Hayat Pharmacy	Maureen: Lifestyle Physical Activity
Wed, 7/15	5:30-6:30pm	Downtown	Katy: Assertive Behavior & Eating
Wed, 7/22	7:15-8:15pm	Luther Manor	Meg: Becoming a Diabetes Prevention Advocate

August

Date	Time	Location	Coach & Topic
Thurs, 8/6	6:00-7:00pm	Rite-Hite Y	Denise: Preventing Relapse
Tues, 8/11	5:15-6:15pm	Hayat Pharmacy	Maureen: Reducing Fat and Keeping Track More Accurately
Wed, 8/19	5:30-6:30pm	Downtown	Katy: High Fiber Low-Fat Eating
Wed, 8/26	7:15-8:15pm	Luther Manor	Meg: Staying Motivated to Keep Being Physically Active

Schedules are subject to change. For the most updated schedule please visit

<http://www.ymcamke.org/diabetesprevention> **Please register for the session you plan to attend each month by contacting Denise Lyman @ 414-357-2849 or dlyman@ymcamke.org Each session has a max of 20 participants.

Monthly Program Locations:

RITE-HITE FAMILY YMCA

9250 N. Green Bay Road
Brown Deer, WI 53209-1104
Phone: (414) 354-9622

LUTHER MANOR

4545 N. 92nd Street
Wauwatosa, WI 53225
Phone: (414) 438-3195

HAYAT PHARMACY

4931 S. 27th Street
Greenfield, WI 53221

DOWNTOWN YMCA

161 W. Wisconsin Avenue
Milwaukee, WI 53203
Phone: (414) 291-9622