



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM

YMCA OF METROPOLITAN MILWAUKEE

Monday

Time	Location	Coach	Room	Dates
PM 5:30 - 6:30	Downtown	Stacey	Walter Davis	7/13 - 11/2

Thursday

Time	Location	Coach	Room	Dates
PM 6:30 - 7:30	Rite-Hite	Denise	Wheaton Education	6/30 - 10/13

Saturday

Time	Location	Coach	Room	Dates
AM 9:30 - 10:30	Epikos	Maureen	Conference Room	7/18 - 11/14

***Schedules are subject to change. For the most updated schedule please visit www.ymcamke.org**

****The YMCA's Diabetes Prevention Program is a 12-month program that includes 16 weekly core sessions, followed by monthly maintenance sessions. Program is for adults 18+. Participants must be overweight and have a diagnosis of prediabetes or overweight and at high risk for developing diabetes to qualify. Additional class schedules are forming now. Help shape our schedule with your preferred times, days and locations by calling 414-357-2820. Classes will begin based on demand. **Contact Denise Lyman @ 414-357-2849 or dlyman@ymcamke.org for details about the program, fees or to find out if you qualify.****

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.



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YMCA OF METROPOLITAN MILWAUKEE PROGRAM LOCATIONS

DOWNTOWN YMCA

161 W. Wisconsin Avenue
Milwaukee, WI 53203-2601
Phone: (414) 291-9622
Fax: (414) 274-6033

JOHN C. CUDAHY YMCA

9050 N. Swan Road
(formerly 91st Street)
Milwaukee, WI 53224-1910
Phone: (414) 586-9622
Fax: (414) 586-0943

NORTHSIDE YMCA

1350 W. North Avenue
Milwaukee, WI 53205-1264
Phone: (414) 265-9622
Fax: (414) 374-7677

PARKLAWN YMCA

4340 N. 46th Street
Milwaukee, WI 53216-1413
Phone: (414) 873-9622
Fax: (414) 873-9988

RITE-HITE FAMILY YMCA

9250 N. Green Bay Road
Brown Deer, WI 53209-1104
Phone: (414) 354-9622
Fax: (414) 354-0309

NON-YMCA LOCATIONS

LUTHER MANOR

4545 North 92nd St
Wauwatosa, WI 53225
Phone: (414) 438-3195

EPIKOS

6229 W. Greenfield Ave.
West Allis, WI 53214
Phone: (414) 963-9010