



YMCA's Diabetes Prevention Program Current Locations & Class Times

Y LOCATION	Class Day & Time	Tentative Start Date
Golden Triangle Y (Tavares)	Mon @ 6pm	April 23, 2012
Wayne Densch Y (Pine Hills)	Tues @ 6pm	April 24, 2012
Downtown Orlando Y	Mon @ 6pm	April 30, 2012
Roper Y (Winter Garden)	Tues @ 6pm	May 1, 2012
Crosby Y (Winter Park)	Thurs @ 11:30am	May 3, 2012
Marion County Y	Thurs @ 11:30am	May 24, 2012
Oviedo YMCA (Oviedo/ East Orlando)	TBD	

REGISTRATION DETAILS

- We are currently accepting registrations for the above classes & locations.
- All class start dates & times are subject to change based on registrations.
- We must have at least 8 participants registered in order to start the class based on national program standards to ensure a quality experience for all participants.
- If less than 8 individuals are registered upon the start date, the class will be postponed until the number is reached.
- All sessions are 16 weeks x 1hr class per week followed by an 8 month maintenance phase of 1hr class per month.

HOW TO REGISTER

To register for a class & confirm eligibility, please contact the DPCA at 1 800 237 4942 or contact Kelly Prather for the YMCA's Diabetes Prevention Program by email at kprather@cfymca.org or call 407 896 6901 ext. 218.