

# Exercising with Diabetes

## Open to YMCA members and non-members

This 12-week program provides information and tools to help manage diabetes through physical activity and proper nutrition. Each session is taught by exercise physiologists and/or registered dietitians, and features:

- 45 minutes of classroom-style discussion.
- 45 minutes of exercise.\*

**The objective of this pilot program is to improve your knowledge of diabetes and exercise/nutrition, improve your fitness level and comfort level of exercising with diabetes.**

*\* Blood glucose, blood pressure and heart rate monitored throughout.*

Wednesdays 2:30 - 4 p.m.

September 15 - December 8  
Bear-Glasgow YMCA

351 George Williams Way  
Newark, DE 19702

Fridays 2:30 - 4 p.m.

September 17 - December 10  
Western YMCA, Aerobic Studio

2600 Kirkwood Highway  
Newark, DE 19711

For a class to run at least five participants are required.

### Cost: \$75

To register, complete the information packet available at Member Services, obtain a physician's signature and return all with your payment.

### Contact:

Lamar White, Bear-Glasgow YMCA, 836-9622, ext. 131, [lwhite@ymcade.org](mailto:lwhite@ymcade.org)  
Audrey Griffith, Western YMCA, 709-9622, ext. 1129, [agriffith@ymcade.org](mailto:agriffith@ymcade.org)

