

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 1:30 - 3 p.m.

**February 24-May 12
Central YMCA, Studio B and D**

**501 West 11th Street
Wilmington, DE 19801**

Fridays 1:30 - 3 p.m.

**February 26-May 14
Western YMCA, Aerobic Studio**

**2600 Kirkwood Highway
Newark, DE 19711**

Cost: \$75

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

Contact:

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Audrey Griffith, Western YMCA, 709-9622, ext 1129, agriffith@ymcade.org

