



## Pre-diabetics welcome to YMCA Diabetes Prevention Program

12-week program of health education and exercise at YMCA for Southington residents. Call Jolene at Y, 860.628.5597.

By [Hartford HealthCare Senior Services](#) | Sep 4, 2019 8:49 am ET

*This post was contributed by a community member.*



SOUTHINGTON – With more than 1 million people diagnosed with Type 2 diabetes each year, the Southington Community YMCA in partnership with Hartford HealthCare is striving toward reducing the numbers in town.

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Each class includes a guest speaker who addresses various aspects of preventing Type 2 diabetes, discussion and 30 minutes of physical activity. Participants learn about healthy eating, share accountability and track their food intake using food journals. Hartford HealthCare educators have included registered dietitians, an advanced practice registered nurse and other medical professionals who have presented on topics including healthy cooking, medication and cardiovascular risk associated with pre-diabetes.

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The next series will be held Tuesdays and Thursdays, Sept. 17 through Dec. 5, 12:30 to 1:30 p.m. or 7 to 8 p.m., at the YMCA Spirit Mind Body Center, 130 N. Main St. Signups are underway. The health initiative is funded through a grant from the Bradley H. Barnes and Leila U. Barnes Memorial Trust of the Main Street Community Foundation.

To be eligible, individuals must be Southington residents 18 and older and meet at least one of these criteria: diagnosed as overweight with a body mass index of more than 25; have had a blood test result in the pre-diabetes range within the past year; or told they are at risk for developing Type 2 diabetes or are pre-Type 2 diabetic. For people who have already been diagnosed with Type 2 diabetes, Hartford HealthCare has programs and classes that can be found at <http://hartfordhealthcare.org>.

For more information or to get started, call Jolene Miceli at the YMCA at 860.628.5597 or stop by the main location at 29 High St.

Southington-Cheshire Community YMCA and Hartford HealthCare are both not for profits that serve the Southington community. To learn more Southington-Cheshire Community YMCA, visit [www.sccymca.org](http://www.sccymca.org). To learn more Hartford HealthCare, visit [www.hartfordhealthcare.org](http://www.hartfordhealthcare.org).

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