



**1 IN 3 adults in the U.S.** has prediabetes.

Is one of them you? Prediabetes can lead to type 2 diabetes and other health problems. This year, don't let type 2 diabetes sneak up on you.

## **STRENGTHEN YOUR HEART STARTING SOON!**

- ⇒ Contact us for a free prediabetes screening
- ⇒ Sign up for our no-cost program
- ⇒ Receive a YMCA membership to help you get a kickstart on your activity!



**DON'T LET TYPE 2 DIABETES  
BECOME A PART OF YOUR FUTURE.**

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**

**Learn more at:**  
**Bradford County Branch YMCA**  
9 College Ave, Towanda PA  
570-268-9622  
rachel@rvrymca.org