



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVE WELL IMPROVE HEALTH

Diabetes & Prediabetes Exercise Program

Move Well Today is an evidence - based fitness intervention designed to help you manage your diabetes and track changes in your glucose levels and fitness parameters. A certified instructor will provide group instruction, supervision, and motivation.

January 29 - April 18

Day: Tuesday & Thursday

Time: 9:30 - 11:00 AM

Place: Conference Room

Applications are available at the member service desk and due by January 22, 2018.

For more information, contact Cathy Mason.



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.