



Prisma Health
Tuomey Hospital

PRISMA HEALTH™

MOVEWELL TODAY

Diabetes & Prediabetes Exercise Program

MoveWell Today is an evidence-based fitness intervention designed to help you manage your diabetes and track changes in your glucose levels and fitness parameters. This 12-week program will meet twice a week for 90 minutes. This program strives to help improve each participant's health while giving them the tools to be successful.

Session Dates: Feb. 4 - April 24

Tuesday and Thursday 4:30pm – 6:00 pm

Applications available at the member service desk.

No cost to participants.



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.