



# YOU'RE STEPS AWAY FROM A HEALTHIER YOU

New this year, the YMCA is offering you a virtual Diabetes Prevention Program!



We've partnered with Noom Coach, a leading mobile application, to offer you a virtual Diabetes Prevention Program that goes wherever you do. Lose weight, improve your health, and reduce your risk of diabetes – for life!

## Your program includes:

- Easy-to-read articles and interactive challenges to eat well, move more, sleep better, and stress less
- One-year access to a personal health coach who is committed to helping you reach your goals
- Unlimited access to a virtual group of supportive peers
- An extensive food database to track your calories and improve your food choices
- Personalized feedback on your weight loss and overall progress

**NOW YOU CAN SET GOALS, OVERCOME OBSTACLES, STAY MOTIVATED, AND BUILD HEALTHY HABITS – ALL AT YOUR FINGERTIPS!**

Are you ready to change your life?  
To learn more about the program details and pricing contact **Domonique Bell**, at [HealthyCommunity@KansasCityYMCA.org](mailto:HealthyCommunity@KansasCityYMCA.org), or call **816.285.8050**

Don't miss out on this amazing opportunity!

