



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM

KETTLE MORAINÉ YMCA 2018/2019 SCHEDULE

THURSDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|------------------------|-----------------|-------|-----------------|------------|
| PM 5:30—6:30 | West Washington | Dana | Conference Room | 1/24/2019 |

TUESDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|------------------------|--------------|---------|--------------|------------|
| PM 6:30—7:30 | River Shores | Heather | Meeting Room | 3/26/2019 |

MONDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|------------------------|----------|-------|---------|------------|
| PM 6:00—7:00 | Feith | Abbey | K4 Room | 4/15/2019 |

WEDNESDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|--------------------------|--------------|-------|--------------|------------|
| AM 11:00—12:00 | River Shores | TBC | Meeting Room | 5/1/2019 |

MONDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|-------------------------|--------------|-------|--------------|------------|
| PM 5:30 –6:30 | River Shores | Gina | Meeting Room | 9/16/2019 |

TUESDAY

| TIME | LOCATION | COACH | ROOM | START DATE |
|------------------------|----------|-------|-----------------|------------|
| PM 6:00—7:00 | Casa | Laura | Conference Room | 9/23/2019 |

Schedules are subject to change. For the most updated schedule, information about program fees or to see if you qualify, please contact Mary Beth Emmer, RD, CD, Wellness Director at 262-247-1050 x 2007 or memmer@kmymca.org

The YMCA's Diabetes Prevention Program is a yearlong program consisting of 19 sessions in the first six months and 6 sessions in the second six months. The program is for adults 18+. Participants must be overweight and at risk for developing type 2 diabetes or have been diagnosed with pre-diabetes by a healthcare provider in order to qualify. Classes will begin based on demand.

KETTLE MORAINÉ YMCA | www.kmymca.org

West Washington Branch
1111 W. Washington St., West Bend, WI 53095
262-334-3405

Feith Family Ozaukee Branch
465 Northwoods Rd., Port Washington, WI 53074
262-268-9622

River Shores Branch
705 Village Green Way, West Bend, WI 53090
262-247-1050



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KETTLE MORAINÉ YMCA PROGRAM LOCATIONS

KETTLE MORAINÉ YMCA—WEST WASHINGTON BRANCH

1111 W. Washington Street
West Bend, WI 53095
262-334-3405

KETTLE MORAINÉ YMCA—RIVER SHORES BRANCH

705 Village Green Way, Suite 201
West Bend, WI 53090
262-247-1050

KETTLE MORAINÉ YMCA—FEITH FAMILY OZAUKEE BRANCH

465 Northwoods Road
Port Washington, WI 53074
262-268-9622

CASA GUADALUPE

479 N. Main Street
West Bend, WI 53090
262-306-2900

UNITED WAY—HARTFORD

1121 E. Sumner Street
Hartford, WI 53027
262-670-9980

***The Kettle Moraine YMCA services Ozaukee and Washington Counties for the YMCA Diabetes Prevention Program.**

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