

# REGISTER HERE

Please Print Legibly.

Participant First & Last Name \_\_\_\_\_

D/O/B \_\_\_\_\_

Gender (circle one) M F Unspecified

Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please check the sessions below you wish to register for:

- Jan 13<sup>th</sup>, 2020 DON'T SUGARCOAT IT
- Feb 10<sup>th</sup>, 2020 COUNTING CARBS
- Mar 9<sup>th</sup>, 2020 GOT A SWEET TOOTH?
- Apr 13<sup>th</sup>, 2020 STAY FIT AND DON'T QUIT
- May 11<sup>th</sup>, 2020 MEDS & DIABETES
- June 8<sup>th</sup>, 2020 DON'T WORRY, BE HAPPY
- July 13<sup>th</sup>, 2020 DON'T SUGARCOAT IT
- Aug 10<sup>th</sup>, 2020 COUNTING CARBS
- Sep 14<sup>th</sup>, 2020 GOT A SWEET TOOTH?
- Oct 12<sup>th</sup>, 2020 STAY FIT AND DON'T QUIT
- Nov 9<sup>th</sup>, 2020 MEDS & DIABETES
- Dec 14<sup>th</sup>, 2020 DON'T WORRY, BE HAPPY

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, league volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature \_\_\_\_\_

Date \_\_\_\_\_

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290

**HARRISON FAMILY YMCA**  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# IMAGINE AN END TO DIABETES

## Diabetes Awareness Program

**HARRISON FAMILY YMCA & NASH  
COUNTY HEALTH DEPARTMENT**



## DIABETES AWARENESS PROGRAM

### Imagine an end to Diabetes...

This program is an extension of the free Diabetes Educational Series that is offered by the Health Department at the YMCA quarterly throughout the year. The curriculum is taught by Diabetes Lifestyle Coaches and teaches participants the following:

- MANAGING BLOOD & A1C LEVELS
- TRACKING FAT AND CALORIE INTAKE
- PRACTICING HEALTHY EATING
- MANAGING STRESS
- EXERCISE, AND MUCH MORE

Thanks to extra funding from the Annual Twin Counties Sugar Run, the Nash County Health Department and the Harrison Family YMCA has extended their partnership to make this program become monthly with more focused topics, incentives for exercise, and guest speakers.



TWIN COUNTIES SUGAR RUN

The Annual Twin Counties Sugar Run focuses on the education, prevention, and management of Diabetes in the Twin Counties, as it is very prevalent in our area.

# DID YOU KNOW ?

## 86

MILLION HAVE PREDIABETES

## 09

ONLY ABOUT MILLION ARE AWARE OF IT

## DATES & TIMES

2<sup>nd</sup> Monday of each month

5:30-7:00 p.m. at the Y

January 13<sup>th</sup>, 2020 **DON'T SUGARCOAT IT**

Learn the difference between Prediabetes, Types 1, 2 and Gestational diabetes

February 10<sup>th</sup>, 2020 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

March 9<sup>th</sup>, 2020 **GOT A SWEET TOOTH?**

Healthy recipes to control diabetes and still enjoy what you are eating

April 13<sup>th</sup>, 2020 **STAY FIT AND DON'T QUIT**

Learn about weight management to control diabetes and hear from a YMCA Special Guest on the importance of exercise

May 11<sup>th</sup>, 2020 **MEDS & DIABETES**

Follow the Doctor's recommendation on medication to control diabetes

June 8<sup>th</sup>, 2020 **DON'T WORRY, BE HAPPY**

Effective communication, stress and depression management to control diabetes

July 13<sup>th</sup>, 2020 **DON'T SUGARCOAT IT**

Learn the difference between Prediabetes, Types 1, 2 and Gestational diabetes

August 10<sup>th</sup>, 2020 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

September 14<sup>th</sup>, 2020 **GOT A SWEET TOOTH?**

Healthy recipes to control diabetes and still enjoy what you are eating

October 12<sup>th</sup>, 2020 **STAY FIT AND DON'T QUIT**

Learn about weight management to control diabetes and hear from a YMCA Special Guest on the importance of exercise

November 9<sup>th</sup>, 2020 **MEDS & DIABETES**

Follow the Doctor's recommendation on medication to control diabetes

December 14<sup>th</sup>, 2020 **DON'T WORRY, BE HAPPY**

Effective communication, stress and depression management to control diabetes

## INFO TO KNOW

Free & Open to the Community

Limit of 20 participants per class

You are not required to take the classes in any sequence. Anyone is encouraged to register for any and all classes they are interested in.

Registration required by the Friday before each class only at [harrisonfamilyY.org](http://harrisonfamilyY.org) or at the YMCA located on 1000 Independence Drive, Rocky Mount, NC 27804



## CONTINUATION OF EXERCISE

To encourage all participants to stay on a path of a healthy lifestyle, the YMCA is offering the following:

- **Complete all 6 educational topics** and receive a \$15 Y-Buck coupon to participate in another Y program or as a discount towards your membership as well as a 1 Day Free Guest Pass to try the Y!
- **Complete 4-5 educational topics** and receive a \$5 Y-Buck coupon to participate in another Y program or as a discount towards your membership!

As an organization open to all, we do offer our **Financial Assistance Program** for programs and membership for those who apply and qualify, thanks to funds raised through our Annual Campaign.

### QUESTIONS?

Brett Van Pelt, YMCA Healthy Living Director  
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