

# 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 11<sup>th</sup>, 2021 DON'T SUGARCOAT IT
- Feb 8<sup>th</sup>, 2021 COUNTING CARBS
- Mar 8<sup>th</sup>, 2021 GOT A SWEET TOOTH?
- Apr 12<sup>th</sup>, 2021 STAY FIT AND DON'T QUIT
- May 10<sup>th</sup>, 2021 MEDS & DIABETES
- July 12<sup>th</sup>, 2021 DON'T SUGARCOAT IT
- Aug 9<sup>th</sup>, 2021 COUNTING CARBS
- Sep 13<sup>th</sup>, 2021 GOT A SWEET TOOTH?
- Oct 11<sup>th</sup>, 2021 STAY FIT AND DON'T QUIT
- Nov 8<sup>th</sup>, 2021 MEDS & DIABETES

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 \_\_\_\_\_

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**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...

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



# DID YOU KNOW ?

# 86

MILLION  
HAVE  
PREDIABETES

# 09

ONLY ABOUT  
MILLION ARE  
AWARE OF IT

## DATES & TIMES

5:30-7:00 p.m. Virtually via Zoom

### January 11<sup>th</sup>, 2021 **DON'T SUGARCOAT IT**

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

### February 8<sup>th</sup>, 2021 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

### March 8<sup>th</sup>, 2021 **GOT A SWEET TOOTH?**

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

### April 12<sup>th</sup>, 2021 **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 10<sup>th</sup>, 2021 **MEDS & DIABETES**

Follow the Doctor's recommendation on medication to control diabetes

### July 12<sup>th</sup>, 2021 **DON'T SUGARCOAT IT**

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

### August 9<sup>th</sup>, 2021 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

### September 13<sup>th</sup>, 2021 **GOT A SWEET TOOTH?**

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

### October 11<sup>th</sup>, 2021 **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 8<sup>th</sup>, 2021 **MEDS & DIABETES**

Follow the Doctor's recommendation on medication 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 2780

## QUESTIONS?

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