

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 10th, 2022 DON'T SUGARCOAT IT
- Feb 14th, 2022 COUNTING CARBS
- Mar 14th, 2022 GOT A SWEET TOOTH?
- Apr 11th, 2022 STAY FIT AND DON'T QUIT
- May 9th, 2022 MEDS & DIABETES
- July 11th, 2022 DON'T SUGARCOAT IT
- Aug 8th, 2022 COUNTING CARBS
- Sep 12th, 2022 GOT A SWEET TOOTH?
- Oct 10th, 2022 STAY FIT AND DON'T QUIT
- Nov 14th, 2022 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**

Virtual 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 10th, 2022 **DON'T SUGARCOAT IT**

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

February 14th, 2022 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

March 14th, 2022 **GOT A SWEET TOOTH?**

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

April 11th, 2022 **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 9th, 2022 **MEDS & DIABETES**

Follow the Doctor's recommendation on medication to control diabetes

July 11th, 2022 **DON'T SUGARCOAT IT**

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

August 8th, 2022 **COUNTING CARBS**

Understanding healthy eating and carbs counting to control diabetes

September 12th, 2022 **GOT A SWEET TOOTH?**

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

October 10th, 2022 **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 14th, 2022 **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 or at the YMCA located on 1000 Independence Drive, Rocky Mount, NC 2780

QUESTIONS?

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