



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DIABETES PREVENTION PROGRAM

YMCA OF METROPOLITAN MILWAUKEE

Winter 2014

## Monday

| Time               | Location  | Coach  | Room | Dates       |
|--------------------|-----------|--------|------|-------------|
| AM<br>6:30-7:30 pm | Northside | Denise | TBD  | 11/10- 2/23 |

## Tuesday

| Time               | Location | Coach | Room        | Dates      |
|--------------------|----------|-------|-------------|------------|
| AM<br>5:30-6:30 pm | Downtown | TBD   | Water Davis | 11/4- 2/17 |

## Wednesday

| Time                 | Location | Coach | Room    | Dates     |
|----------------------|----------|-------|---------|-----------|
| AM<br>11:30-12:30 pm | MGIC     | TBD   | 7- East | 1/21- 5/6 |

## Saturday

| Time             | Location  | Coach | Room     | Dates       |
|------------------|-----------|-------|----------|-------------|
| AM<br>9:30-10:30 | Rite Hite | TBD   | Studio 1 | 11/15- 2/28 |

**\*Schedules are subject to change. For the most updated schedule please visit [www.ymcamke.org](http://www.ymcamke.org)**

**\*\*The YMCA's Diabetes Prevention Program is a 12-month program that includes 16 weekly core sessions, followed by monthly maintenance sessions. Program is for adults 18+. Participants must be overweight and have a diagnosis of prediabetes or overweight and at high risk for developing diabetes to qualify. Additional class schedules are forming now. Help shape our schedule with your preferred times, days and locations by calling 414-357-2820. Classes will begin based on demand. Contact Ellie Duyser @ 414-357-2820 or [edyuser@ymcamke.org](mailto:edyuser@ymcamke.org) for details about the program, fees or to find out if you qualify.**

**\*\*\*Class held at MCFI are for employees and spouses only.**

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.



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## YMCA OF METROPOLITAN MILWAUKEE PROGRAM LOCATIONS

### **DOWNTOWN YMCA (1)**

161 W. Wisconsin Avenue  
Milwaukee, WI 53203-2601  
Phone: (414) 291-9622 • Fax: (414) 274-6033

### **FEITH FAMILY OZAUKEE YMCA (2)**

465 Northwoods Road  
Port Washington, WI 53074-9671  
Phone: (262) 268-9622 • Fax: (262) 268-1724

### **JOHN C. CUDAHY YMCA (3)**

9050 N. Swan Road  
(formerly 91st Street)  
Milwaukee, WI 53224-1910  
Phone: (414) 586-9622 • Fax: (414) 586-0943

### **NORTHSIDE YMCA (4)**

1350 W. North Avenue  
Milwaukee, WI 53205-1264  
Phone: (414) 265-9622 • Fax: (414) 374-7677

### **PARKLAWN YMCA (5)**

4340 N. 46th Street  
Milwaukee, WI 53216-1413  
Phone: (414) 873-9622 • Fax: (414) 873-9988

### **RITE-HITE FAMILY YMCA (6)**

9250 N. Green Bay Road  
Brown Deer, WI 53209-1104  
Phone: (414) 354-9622 • Fax: (414) 354-0309

### **SOUTH SHORE YMCA (7)**

3244 E. College Avenue  
Cudahy, WI 53110-3091  
Phone: (414) 571-9622 • Fax: (414) 764-4144

### **SOUTHWEST YMCA (8)**

11311 W. Howard Avenue  
Greenfield, WI 53228-1899  
Phone: (414) 546-9622 • Fax: (414) 546-9630

### **TRI-COUNTY YMCA (9)**

N84 W17501 Menomonee Avenue  
Menomonee Falls, WI 53052-0823  
Phone: (262) 255-9622 • Fax: (262) 255-8549

### **WEST SUBURBAN YMCA (10)**

2420 N. 124th Street  
Wauwatosa, WI 53226-1093  
Phone: (414) 302-9622 • Fax: (414) 778-4955



## NON-YMCA LOCATIONS

### **LUTHER MANOR**

4545 North 92nd St  
Wauwatosa, WI 53225  
Phone: (414) 438-3195