



YMCA OF GREATER NASHUA

# PREDIABTES PROGRAM

**Daytime: Wednesdays 10:00-11:00a**

**Nighttime: Wednsdays 8:00-9:00p**

**REGISTRATION OPENS**

**DECEMBER 16TH**

This is a year long program that includes 16 weekly sessions followed by monthly classes. taught by a certified instructor.

**Classes start January 8th!**

**\$106**