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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MASSACHUSETTS COLLEGE of PHARMACY
and HEALTH SCIENCES

BE HEALTHY BE STRONG BELONG

FREE Community Health Fair

YMCA of Downtown Manchester | 30 Mechanic St, Manchester, NH

Thursday, November 18, 2021

Session 1: 10:00 am – 1:00 pm Session 2: 3:00 – 6:00 pm

Join us as we celebrate Diabetes Prevention Month for a health fair in collaboration with the Massachusetts College of Pharmacy and Health Services (MCPHS). MCPHS students will provide FREE glucose testing, blood pressure screenings, home safety and fall prevention tips, and more! YMCA staff will also be available to answer questions about prediabetes warning signs and The Granite YMCA's Health Intervention Programs. All ages welcome.

58% of new cases of type 2 diabetes can be prevented through programs like the YMCA's Diabetes Prevention Program. The program focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for type 2 diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions.

For more information, please contact Cindy Lafond, Association Director of Health Interventions at 603.232.8668 or email clafond@graniteymca.org.