

## YWCA Gateway Amenities

- State of the art aquatics center
- Fully equipped wellness/fitness center
- Exercise studios
- Indoor walking track
- 3 court gym
- Fully equipped instructional kitchen
- Wellness check-up room
- Men's Sauna & Steam Room
- Women's Sauna and Steam Room
- Family Locker/Changing Room



## Our Pledge to You...

- Provide a Wellness Plan
- Fitness Coaches
- Health Education
- Cooking Classes
- Support Groups
- Motivational Support

### For More Information:

#### Gateway to Success Diabetes Prevention Program

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# ywca



## Diabetes Prevention Program



**Diabetes** can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

Diabetes is the sixth leading cause of death in the United States.



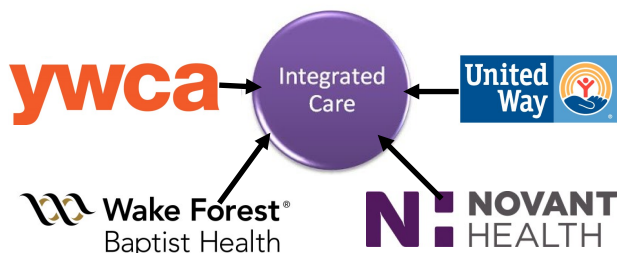
## Program Overview

To extend an integrated care model in the YWCA's Gateway facility to meet the aggressive community **health goals**:

Decrease mortality rate of cancer by 3% and heart disease and diabetes by 7% by 2020.

## The Gateway to Success Program

is designed to give you the necessary tools and an opportunity to reach your wellness potential— Participants receive an annual family YWCA membership.



## Target Population

- Pre Diabetic
- Type 2 Diabetes
- **Physician Referred**— Patient recommendation based on BMI & A1C levels
- Not participating in a medical weight reduction program
- No active cancer treatment or history of kidney or liver failure
- Medicaid
- Medicaid/Medicare
- Uninsured
- Below poverty level

