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
Constance Poe—Wellness Director
336-354-1589 ext. 318
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YWCA of Winston-Salem
1300 South Main Street
Winston-Salem, NC 27127
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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