



HEALTH DIABETES CHALLENGE

DIABETES HEALTH CHALLENGE 2017
MARCH 14 - MAY 24

Registration is Open
Please Pre-register at the
YMCA of Saginaw

The YMCA of Saginaw and the Covenant Outpatient Diabetes Center will work together with physician offices encouraging patients to become healthier. The focus of the challenge will be the outcome measurement of :

- **Hgb A1c**
- **BMI**
- **Physical Activity**

Sponsored by

- YMCA of Saginaw
- Diabetes Self Management Program
- Partnering Physician Offices

Questions?
Call 583-5193

Program Is
Free

**LIMITED
SPACE**
Must pre-register
at the YMCA.

begin...

**THE REST
IS EASY!**

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