



**CHRONIC DISEASE
PREVENTION**
LAKELAND HILLS FAMILY YMCA



CHRONIC DISEASE PROGRAMS SCHEDULE



October/November/December 2020

If you or a loved one have chronic disease symptoms or have been newly diagnosed with a medical condition, check our comprehensive roster of Chronic Disease Prevention Programs, many at no charge without a membership requirement. The current schedule of these evidence-based health initiatives is for the fourth quarter of 2020:

- **Cardiac Care Maintenance Program** Y Membership Required; Additional Fee
- **Diabetes Prevention Program** No Membership Required; No Fee
- **Enhance Fitness® Arthritis Program** Free for Members; Fee for Non-Members
- **LIVESTRONG® at the YMCA Oncology Program** No Membership Required; No Fee
- **Multiple Sclerosis One-Step Program** Free for Members; Fee for Non-Members

CARDIAC CARE MAINTENANCE PROGRAM	DIABETES PREVENTION PROGRAM	ENHANCE FITNESS ARTHRITIS PROGRAM	LIVESTRONG AT THE YMCA ONCOLOGY PROGRAM	MULTIPLE SCLEROSIS ONE-STEP PROGRAM
Monday, Wednesday & Friday 10:00-11:30am & Noon - 1:30pm	Held Virtually	Monday & Wednesday 11:15am - Noon	Tuesday & Thursday 1:00-2:00pm	Tuesday 10:00-11:00am Friday 11:00am-Noon

For more information on any of our Chronic Disease Prevention Programs, please email: Anthony Shlovlowsky at anthonys@lhymca.com for Cardiac Care and Diabetes Prevention, or Darlene Kievit at darlenek@lhymca.com for Enhance Fitness, LIVESTRONG at the YMCA, and MS.

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