



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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For Immediate Release – CALENDAR

Reduce Your Diabetes Risk and Gain Tools For Healthy Living

(New Haven, CT 03/01/2013) The CENTRAL CONNECTICUT COAST YMCA is sponsoring free healthy living information sessions on March 26th, DIABETES ALERT DAY.

Meet one of our supportive Y leaders and learn more about eating healthier, increasing physical activity and making other behavior changes for healthy living.

Free gifts for everyone who attends! You won't want to miss this seminar! Please call Kelly Vaughan at 203 375 3844 ext 32 or email kvaughan@cccymca.org to register.

Seminars will be held at the following locations:

Fairfield YMCA, 841 Old Post Road in Fairfield on **March 26, 2013** at **6:00 pm**

St. Vincent's Medical Center, 2800 Main Street in Bridgeport on **March 26, 2013** at **Noon** and **5:30 pm**

Lakewood-Trumbull YMCA, 20 Trefoil Drive in Trumbull on **March 26, 2013** at **5:30 pm**

United Church of Christ in Devon, 30 Ormond Street in Milford on **March 26, 2013** at **6:00 pm**

Griffin Hospital on Division Street in Derby on **March 26, 2013** at **Noon** and **6:00 pm**

North Haven Congregational Church, 28 Church Street in North Haven on **March 26, 2013** at **Noon**

Soundview YMCA, 628 East Main Street in Branford on **March 26, 2013** at **Noon**

For more information please visit cccymca.org.

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