

DIABETES PREVENTION PROGRAM WEEKLY ACTIVITY SCHEDULE

Morning Time Activities

Monday Thru Friday: Open gym@ BGC | 5:30 AM - 7AM

Tuesdays & Thursdays: Chair Exercises @ Fire Keepers Elder Center

Afternoon Activities

Mondays & Wednesdays: YOGA @ Health Center | 12 PM

Wednesdays: Diabetes Prevention Classes

Evening Activities

Tuesdays: YOGA @ Health Center | 4:30PM - 6:15PM

Thursdays: Diabetes Prevention Classes

CONTACT 785-966-8272 FOR QUESTIONS