

# GSCYMCA PROGRAMS

Click on the flyers to learn more about each program or contact Lisa Pensabene at [lpensabene@gscymca.org](mailto:lpensabene@gscymca.org)



If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. **Change is tough – we can help.**

#### YMCA'S DIABETES PREVENTION PROGRAM:

- 26 sessions delivered over the course of one year.
- Led by a trained Lifestyle Coach.
- A group that offers motivation and support.

#### INFORMATION SESSIONS:

**SATURDAY, JANUARY 27 • 11AM – 12PM**

**NEW CLASSES BEGIN: WEDNESDAY, JANUARY 31**

YMCA MEMBERSHIP NOT REQUIRED!

To see if you qualify or for more information, contact:  
Lisa Pensabene at [lpensabene@gscymca.org](mailto:lpensabene@gscymca.org)

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program.

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

YMCA's Diabetes Prevention Program (YDPP) uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YDPP through a network of local YMCAs, and YDPP may or may not be a covered benefit under your health insurance policy, workplace wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YDPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YDPP should be brought to your insurance provider or health program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YDPP participants with respect to diabetes prevention.



REGISTER NOW



## MEMORY CAFÉ

**For early-onset Alzheimer's Disease and Dementia**

Come connect with other caregivers and their care partners living with Alzheimer's disease or other forms of dementia for a light meal or snack, enjoy musical entertainment in a relaxing atmosphere. The café will offer activities such as crafting, gaming, and music, all of which help foster opportunities for reminiscing. Registration is required for participants. Caregivers must attend but are not required to register. Lunch will be included.

**WHEN: LAST WEDNESDAY OF THE MONTH**  
**TIME: 12 PM – 2 PM**  
**WHERE: TEEN CENTER (SOMERSET HILLS YMCA)**  
**COST: FREE AND OPEN TO THE COMMUNITY**

Registration required. Non-members please bring a government-issued photo ID for entry into the facility. For more information, please contact Lisa Pensabene at 908 766 7898 x503 or email at [lpensabene@gscymca.org](mailto:lpensabene@gscymca.org)

#### SOMERSET HILLS YMCA

A branch of Greater Somerset County YMCA  
140 Mount Airy Road, Basking Ridge, NJ 07920 | 908 766 7898

[SomersetHillsY](https://www.facebook.com/SomersetHillsY)

[gscymca](https://twitter.com/gscymca)

[gscymca](https://www.instagram.com/gscymca)

[gscymca.org](https://www.gscymca.org)

Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Y empowers everyone—no matter who they are or where they're from—by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at [www.gscymca.org](http://www.gscymca.org).

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## TAKE CONTROL

### Total Parkinson's Info Sheet

#### ABOUT TOTAL PARKINSON'S

David Zid (BA, ACE, APG), the leading Parkinson's fitness specialist and OhioHealth Director of Movement Disorder and Musculoskeletal Wellness, and Jackie Russell (RN, BSN, CNOR), OhioHealth Program Development Coordinator, collaborated to create the most effective wellness program empowering people with PD to live better and experience new levels of hope in their daily walk. Total Parkinson's delivers symptom-specific exercises that optimize function and restore independence.

Learn more at [totalhealthworks.com/totalparkinsons](http://totalhealthworks.com/totalparkinsons)

#### CLASSES

Certified instructors Sue Diebold and Ginny Caporaso lead the class with cardiovascular, strength, flexibility, balance and vocalization exercises.

Learn more about Sue and Ginny at [gscymca.org/bt](http://gscymca.org/bt)

For the latest Total Parkinson's class schedule at Somerset Hills YMCA, visit [gscymca.org/gspr](http://gscymca.org/gspr)

#### YMCA360

YMCA360 is a 24/7 on-demand video platform that offers 2000+ on-demand exercise classes and programs. New content is added regularly and livestream classes are also available. It matches Y members' on-the-go lifestyles and makes healthy living for people of all ages and activity levels possible anytime, anywhere.

Learn more at [gscymca.org/ymca360](http://gscymca.org/ymca360)

#### SUPPORT

Find support for coping with the daily challenges of Parkinson's disease with our support group. Sharing stories and resources can be therapeutic. The group meets on the second Wednesday of each month via Zoom and in person at the Somerset Hills YMCA. For more information contact Bill Haynsworth at [williamhaynsworth@yahoo.com](mailto:williamhaynsworth@yahoo.com) or 908 642 6709.

#### QUESTIONS?

For more information about Total Parkinson's or added benefits of a Y membership contact Lisa Pensabene at [lpensabene@gscymca.org](mailto:lpensabene@gscymca.org) or 908 766 7897 x8503.



LIVESTRONG

FOUNDATION

Click [here](#) to learn more about the YMCA's Livestrong Program!

Bernards Township Health Department

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Basking Ridge, NJ 07920

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Follow the BTHD on Facebook  
Email: [health@bernards.org](mailto:health@bernards.org)  
Website: [www.bernardshealth.org](http://www.bernardshealth.org)