



## DIABETES PREVENTION PROGRAM

**Classes Offered Regularly** 

@ YEP! FITNESS 6023 Hamilton Ave Cincinnati, Ohio 45224 www.yepfitness.com

SELF-CARE MATTERS

Join the evidenced-based DPP and Reduce Weight, Lower A1c, Increased Flexability, Improved Muscle and Strength.

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Get Free Screenings & Movement Class

