

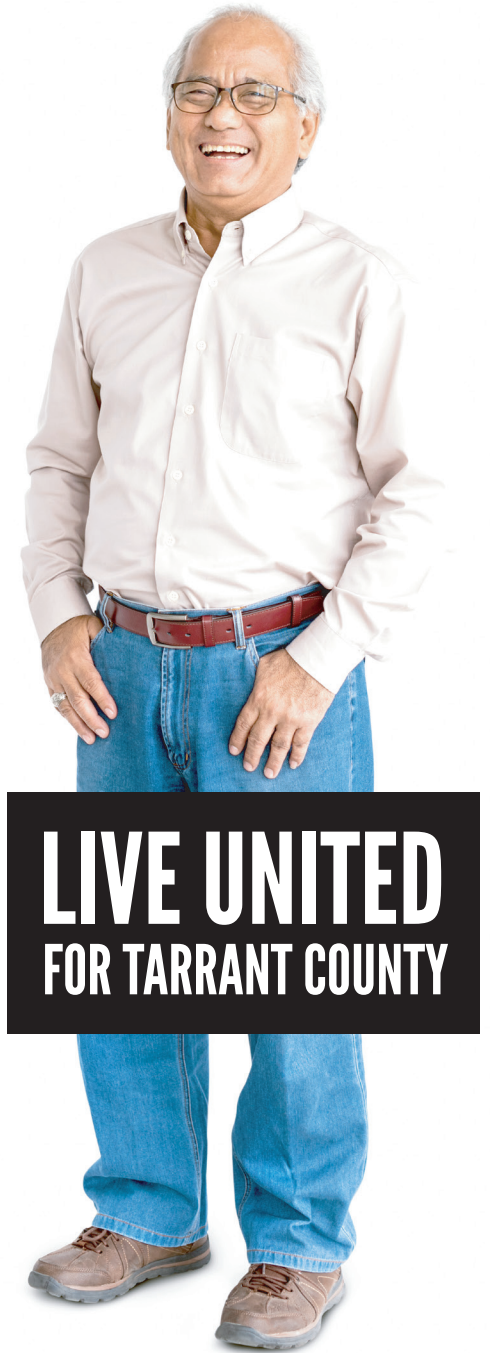
“ After being diagnosed with prediabetes, David began searching for ways to improve his health ... He found help at the Arlington-Mansfield Area YMCA. ”

It was a huge wake up call for David when he was diagnosed with prediabetes. He had just become a new grandfather and realized he needed to make serious lifestyle changes so he could watch his new grandchild grow up. David looked for help regarding his health and found the Arlington-Mansfield Area YMCA Diabetes Prevention Program.

David attended weekly group meetings to help him learn the importance of exercising and eating healthy food. Along with a life coach and other members of the program, he also received moral support and explored the reasoning behind his diet choices and what changes needed to be made.

The guidance and support from the Diabetes Prevention Program put him on the right track to a new, healthy lifestyle. When David started the program, he was taking daily medication to manage his elevated blood glucose level. Six months later, David was no longer in need of medication. His blood glucose level decreased and his energy increased, allowing him to spend more time with his new grandchild.

United Way of Tarrant County is proud to provide funding to the Arlington-Mansfield Area YMCA so the organization can help residents like David improve their overall health and wellbeing.



**LIVE UNITED
FOR TARRANT COUNTY**

Support more success stories like this:

unitedwaytarrant.org/DAVIDSSTORY

