



Diabetes Support				
Organization	Service Description	Address	Contact Number	Website
Abby's All Stars	Fund raising organization helps offset the out of pocket medical expenses of families with a child with juvenile diabetes.	PO Box 110010, Trumbull CT,	203-257-9812	n/a
American Diabetes Association	Call or search the website for information on local diabetes related programs and support groups.	2451 Crystal Drive, Suite 900, Arlington, VA	1-800-342-2383	http://www.diabetes.org/
Americares Free Clinics	Diabetes Prevention Program for patients of the clinic, designed especially for people at high risk of developing type 2 diabetes. The program helps to educate individuals to maintain a healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications.	115 Highland Avenue, Bridgeport, CT 06604	203-333-9175	http://www.americaresfreeclinics.org/
Americares Free Clinics	Diabetes Prevention Program designed especially for people at high risk of developing type 2 diabetes. The program helps to educate individuals to maintain a healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications.	76 West Street, Danbury CT	203-899-2493	http://www.americaresfreeclinics.org/

Americares Free Clinics	<p>Diabetes Prevention Program designed especially for people at high risk of developing type 2 diabetes. The program helps to educate individuals to maintain a healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications.</p>	<p>98 South Main Street Norwalk, CT 06854</p>	<p>203-899-2493</p>	<p>http://www.americaresfreeclinics.org/</p>
Americares Free Clinics	<p>Diabetes Prevention Program designed especially for people at high risk of developing type 2 diabetes. The program helps to educate individuals to maintain a healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications.</p>	<p>401 Shippan Avenue, Stamford, CT 06902</p>	<p>203-658-9507</p>	<p>http://www.americaresfreeclinics.org/</p>
Backus Hospital- Norwich Backus Outpatient Care Center	<p>The outpatient self-management program allows individuals to gain a better understanding of diabetes so patients can better manage their own condition. The center works with a multi-disciplinary team whose goal is to develop a care plan that meets individual needs.</p>	<p>111 Salem Turnpike, Norwich, CT</p>	<p>860-892-6906</p>	<p>www.backushospital.org</p>
Bristol Hospital	<p>Center offers medical care and self-management education and training for people with diabetes. Individuals will learn the skills needs to prevent diabetes-related complications. Adults and their families can contact the center about support groups that meet monthly.</p>	<p>15 Riverside Avenue, Bristol, CT 06010</p>	<p>860-940-6300</p>	<p>www.bristolhospital.org</p>

<p>Center for Disease Control and Prevention</p>	<p>Online or in-person Lifestyle Change programs located throughout the United States are designed especially for people at high risk of developing type 2 diabetes. The programs provide various components depending on type of program. Services include general information on pre-diabetes and type 2 diabetes, research based prevention programs, lifestyle change prevention techniques, lifestyle coaching, support group meetings, and testimonials from participants. Additional resources are available for professionals wanting to implement a program, and screen and refer patients to a program. <i>Use the Search engine to find a program location near you.</i></p>	<p>1600 Clifton Road, Atlanta GA</p>	<p>1-800-232-4636</p>	<p>https://www.cdc.gov/diabetes/prevention/lcp-details.html</p>
<p>Charlotte Hungerford Hospital</p>	<p>Program recognized by the American Diabetes Association helps individuals with diabetes self-manage their condition, learn insulin pumping, offers weight loss programs, carbohydrate counting classes, blood glucose awareness training and monitoring. Center offers a four part educational program involving 10 hours of classroom time to help with managing diabetes. Support group for adults who are patients with diabetes meet on the second Wednesday of the month at 6:30pm. Call for more information.</p>	<p>780 Litchfield Street, Torrington, CT</p>	<p>860-496-2198</p>	<p>http://www.charlottehungerford.org/</p>
<p>Charter Oak Health Center</p>	<p>Offers a variety of services for individuals with diabetes including diabetic eye exams, diabetes management, nutrition education and counseling, diabetic footcare and education and more.</p>	<p>Various locations. Main Location- 21 Grand Street, Hartford CT</p>	<p>860-550-7500</p>	<p>www.thecharteroak.org</p>
<p>City of Bridgeport-public library-Burroughs and Saden Main Library</p>	<p>Library offers a CDC recognized Lifestyle change program on Diabetes prevention. Program is offered to people at high risk of developing type 2 diabetes or who are pre-diabetic.</p>	<p>925 Broad Street Bridgeport, CT</p>	<p>203-576-7400</p>	<p>http://bportlibrary.org/</p>

Community Health Services	Provides a Diabetes Self-Management program for adult patients.	500 Albany Avenue, Hartford CT	860-249-9625	https://www.chshartford.org/
CT Healthy Living Collective	Live Well is an evidence based self-management workshop consisting of multi-week sessions, focusing on behavioral and social programs designed to help people learn about diabetes and pre-diabetes including what to eat, foot care, blood pressure, sick day guidelines, tips on dealing with stress and how to set goals.	Locations/dates/times vary throughout the state. Visit the website for more information	Contact information vary by location. Visit the website for more information	https://cthealthyliving.org/
Danbury Hospital-western CT Health Network (part of Nuvance Health)	Program includes Diabetes Self Management Education classes, individual sessions and specialized classes. Also offered are diabetes support groups.	41 Germantown Road, Danbury CT	203-739-4980	http://www.danburyhospital.org/
Day Kimball Hospital Healthcare Center-Dayville	Outpatient program offers education and diabetes management to adolescents and adults living with Type 1, Type 2, pre-diabetes, and gestational diabetes.	612 Hartford Pike, Dayville CT	860-779-9270	https://www.daykimball.org/
East Shore District Health Department	Offers a six week program for people diagnosed with diabetes or pre-diabetes or care-givers of diabetics. It instructs on nutrition, physical activity, communicating with health-care providers, actions on a sick day and more.	688 East Main Street, Branford, CT	203-481-4233	http://www.esdhd.org/Health%20Programs/Health%20Education/Diabetes
Estuary Council of seniors	Every second Thursday of the month the agency offers free screenings for diabetes from 7:30am-9am and then is followed by a support group at 9am.	220 Main Street, Old Saybrook CT	860-388-1611	https://www.ecsenior.org/services/health-services
Fair Haven Community Health Center	The Diabetes Prevention Program is offered in a 1 hour per week for participants in the 16 week intensive lifestyles intervention. Classes are taught in both English and Spanish.	374 Grand Avenue New Haven CT	203-777-7411	https://www.fhchc.org/shw_services/diabetes-prevention-program/

<p>Greater Waterbury YMCA</p>	<p>The Diabetes Prevention Program is designed for adults who are at risk of Type 2 diabetes with the goal educating individuals by learning the steps to improve overall health. Program is offered in a group type setting and includes physical activity. Financial assistance to attend the program may be available.</p>	<p>136 West Main Street Waterbury CT</p>	<p>203-754-9622 ext. 124</p>	<p>www.waterburymca.org</p>
<p>Greenwich Hospital</p>	<p>Personalized program for patients with type 1 diabetes, type 2 diabetes, gestational diabetes or pre-diabetes. Patients are encouraged to attend weekly group classes to gain diabetes education and support strategies. Also offers support group for people with diabetes meets monthly to discuss a variety of topics.</p>	<p>55 Holy Hill Lane, Greenwich CT</p>	<p>203-863-3929</p>	<p>https://www.greenwichhospital.org/services/behavioral-nutritional-health/diabetes-management.aspx</p>
<p>Griffin Hospital</p>	<p>Offers diabetes and support group help to assist individuals living with diabetes.</p>	<p>130 Division Street, Derby CT</p>	<p>203-732-1137</p>	<p>http://www.griffinhealth.org/community/support/diabetes-education-support-group</p>
<p>Hartford Hospital</p>	<p>The Diabetes LifeCare program provides day and evening classes, individual counseling sessions, monthly support and continuing education groups and special events. All are designed to help patients better manage their diabetes.</p>	<p>85 Seymour Street, Suite 725, Hartford, CT</p>	<p>860-972-3526</p>	<p>https://hartfordhospital.org/services/diabetes</p>
<p>Hospital of Central Connecticut</p>	<p>Joslin Diabetes Center provides individualized care for people ages 18+ with Type 1 or Type 2 diabetes as well as pregnant women with diabetes. Office locations include Farmington and Southington.</p>	<p>100 Grand Street New Britain CT</p>	<p>860-224-5672</p>	<p>www.thocc.org</p>
<p>Juvenile Diabetes Research Foundation</p>	<p>Information on support groups for parents of children with diabetes. Offers information and education on diabetes. Offers information and education on diabetes. Information on support groups for parents of children with diabetes. Offers information and education on diabetes.</p>	<p>20 Batterson Park Road, 3rd floor, Farmington CT</p>	<p>860-470-0020</p>	<p>https://www.idrf.org/</p>

<p>Lakewood-Trumbull YMCA</p>	<p>The Y's Diabetes Prevention Program is a group-based wellness program designed especially for people at high risk of developing type 2 diabetes or who are prediabetic. The program goals include reducing and maintaining a modest amount of weight loss and increasing physical activity. In a group setting, a trained lifestyle coach helps participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications over the course of 16 weeks. After the initial sessions, participants meet monthly for up to a year for added support in maintaining their lifestyle changes. Sessions will take place in the following communities: Ansonia, Branford, Bridgeport, Derby, Fairfield, Hamden, Milford, New Haven, North Haven, Stratford, Trumbull, and West Haven.</p>	<p>20 Trefoil Drive Trumbull CT 06611</p>	<p>203-375-5844, ext. 32</p>	<p>https://cccymca.org/locations/lakewood-trumbull/membership/</p>
<p>Lawrence & Memorial Hospital-Joslin Diabetes Center</p>	<p>Offers three-session class series covering different aspects of diabetes management. Also offers support groups and weight management support groups. Individuals may be able to access individual outpatient appointments with a nurse or dietitian.</p>	<p>194 Howard Street, New London CT</p>	<p>1-877-567-5461</p>	<p>https://www.lmhospital.org/services/diabetes-endocrinology-center.aspx</p>
<p>Manchester Memorial Hospital-Eastern CT Health Network</p>	<p>Offers a Diabetes Self-Management Program that can help manage diabetes daily. The program is recognized by the American Diabetes Association. Services include diabetes education, prevention, one-on-one training, group classes, support groups, pre-diabetes classes, advances diabetes workshops, counseling, physician referrals, and much more.</p>	<p>71 Haynes St Manchester CT 06040</p>	<p>860-647-6824</p>	<p>https://www.echn.org/services/diabetes/diabetes-self-management-program/</p>
<p>Middlesex Health Care at Home</p>	<p>Teaches people with diabetes the self-management skills needed to control their condition. Also provides information on both acute and long-term complications of diabetes, referrals to community resources, and community education.</p>	<p>770 Saybrook Rd, Middletown, CT</p>	<p>860-358-5600</p>	<p>middlesexhospital.org/locations/middlesex-hospital-homecare-visiting-nurses</p>

Middlesex Health Care at Home	Teaches people with diabetes the self-management skills needed to control their condition. Also provides information on both acute and long-term complications of diabetes, referrals to community resources, and community education.	5 Pequot Park, Suite 204, Westbrook, CT	860-358-5600	middlesexhospital.org
Middlesex Hospital	Patient care program for people with diabetes. Program includes information, assistance and ongoing support to assist participants to reach their diabetes self management goals.	770 Saybrook Road, Middletown, CT	1-888-447-6211	middlesexhospital.org
Midstate Medical Center	This American Diabetes Association recognized program consists of two 3-hour sessions for people who want to manage their diabetes. Classes are scheduled for the morning, afternoon and evening.	61 Pomeroy Avenue Meriden, CT	203-694-5425	www.midstatemedical.org
New Milford Hospital- Western Connecticut (part of NuVance Health)	Registered dietitians provides diabetes education and the Diabetes Self-Management Education Program.	21 Elm Street, New Milford CT	860-210-5362	www.newmilfordhospital.org
Northwest Connecticut YMCA	Diabetes Prevention Program utilizes a trained lifestyle coach who will introduce topics in a small classroom setting and will explore how healthy eating, physical activity and behavior changes can benefit an individuals health. Program topics discussed include healthy eating, increasing physical activity, reducing stress, and problem solving.	259 Prospect Street Torrington, CT	860-489-3133 ext. 135	www.nwcty.org

<p>Norwalk Hospital</p>	<p>An American Diabetes Association recognized diabetes education course provides individuals with the knowledge and skills need to successfully manage diabetes. Certified diabetes educators can meet with participants in small groups or one-on-one.</p>	<p>34 Maple Street, Norwalk, CT</p>	<p>203-852-2181</p>	<p>www.norwalkhospital.org/</p>
<p>Norwalk Community Health Center</p>	<p>Diabetes Prevention Program designed especially for people with diabetes or at high risk of developing type 2 diabetes, works with health center staff to help clients adapt behavior modifications to help maintain healthy lifestyle changes.</p>	<p>120 Connecticut Avenue, Norwalk, CT</p>	<p>203-899-1770</p>	<p>www.norwalkchc.org</p>
<p>Regional YMCA of Western CT</p>	<p>The Diabetes Prevention Program lifestyle coach who will introduce topics in a small classroom setting and will explore how healthy eating, physical activity and behavior changes can benefit an individual's health. Program topics discussed include healthy eating, physical activity, reducing stress, problem solving and behavior changes for better health.</p>	<p>2 Huckleberry Hill Road Brookfield CT</p>	<p>203-775-4444, ext. 135</p>	<p>https://www.regionallymca.org/programs/health-and-wellness/chronic-disease-prevention/#diabetes-prevention-program</p>
<p>Regional YMCA of Western CT</p>	<p>The Diabetes Prevention Program lifestyle coach who will introduce topics in a small classroom setting and will explore how healthy eating, physical activity and behavior changes can benefit an individual's health. Program topics discussed include healthy eating, physical activity, reducing stress, problem solving and behavior changes for better health.</p>	<p>246 Federal Road, Unit B21, Brookfield Commons, CT</p>	<p>203-775-4444, ext. 135</p>	<p>https://www.regionallymca.org/programs/health-and-wellness/chronic-disease-prevention/#diabetes-prevention-program</p>

<p>Regional YMCA of Western CT</p>	<p>The Diabetes Prevention Program lifestyle coach who will introduce topics in a small classroom setting and will explore how healthy eating, physical activity and behavior changes can benefit an individual's health. Program topics discussed include healthy eating, physical activity, reducing stress, problem solving and behavior changes for better health.</p>	<p>293 Main Street Danbury CT</p>	<p>203-775-4444, ext. 135</p>	<p>https://www.regionalmca.org/programs/health-and-wellness/chronic-disease-prevention/#diabetes-prevention-program</p>
<p>Riverbrook Regional YMCA- Wilton YMCA</p>	<p>Diabetes Prevention Program is a group-based wellness program designed especially for people at high risk of developing type 2 diabetes. The program goals include reducing and maintaining weight loss and increasing physical activity for participants. In a group setting, a trained lifestyle coach helps participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications. This 12 month group-based program consist of 16 core sessions and is followed by monthly maintenance sessions.</p>	<p>404 Danbury Road Wilton, CT 06897</p>	<p>203-762-8384 ext. 282</p>	<p>https://www.wiltonymca.org/chronic-disease-management/</p>

Soundview Family YMCA	<p>The Y's Diabetes Prevention Program is a group-based wellness program designed especially for people at high risk of developing type 2 diabetes or who are prediabetic. The program goals include reducing and maintaining a modest amount of weight loss and increasing physical activity. In a group setting, a trained lifestyle coach helps participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications over the course of 16 weeks. After the initial sessions, participants meet monthly for up to a year for added support in maintaining their lifestyle changes. Sessions will take place in the following communities: Ansonia, Branford, Bridgeport, Derby, Fairfield, Hamden, Milford, New Haven, North Haven, Stratford, Trumbull, and West Haven.</p>	<p>628 East Main Street, Branford, CT 06405</p>	<p>203-375-5844 ext.32</p>	<p>https://cccymca.org/locations/soundview/</p>
Southington-Cheshire Community YMCAs	<p>Anyone at 18 years of age or older who are at risk of developing Type 2 diabetes can register to attend a 12 week diabetes prevention program. Please visit the website to learn more about the criteria.</p>	<p>961-967 South Main Street Cheshire CT</p>	<p>203-272-3150</p>	<p>https://sccymca.org/</p>
Southington-Cheshire Community YMCAs	<p>Anyone at 18 years of age or older who are at risk of developing Type 2 diabetes can register to attend a 12 week diabetes prevention program. Please visit the website to learn more about the criteria.</p>	<p>29 High Street Southington, CT</p>	<p>860-628-5597</p>	<p>https://www.sccymca.org/</p>
Southwest Community Health Center	<p>Health management and nutrient programs for individuals related to weight management, high blood pressure, diabetes and the heart.</p>	<p>968 Fairfield Avenue, Bridgeport, CT</p>	<p>203-330-6000</p>	<p>http://www.swchc.org</p>
Stamford Hospital	<p>Treats a full range of diabetes and endocrine conditions and symptoms including Type 1 Diabetes, Type 2 Diabetes, Diabetes in Pregnancy and more. Also offers a Diabetes Education Self Management Program.</p>	<p>292 Long Ridge Road, Stamford, CT</p>	<p>203-276-7286</p>	<p>https://www.stamfordhealth.org/care-treatment/diabetes/diabetes-self-management-education/</p>

Town of Fairfield-senior center	Support group for people with diabetes meets on the second Tuesday of the month at 1pm at the Senior Center, 100 Mona Terrace in Fairfield. Group meets from September through June.	100 Mona Terrace, Fairfield CT	203-256-3150	https://www.fairfieldct.org/content/10736/12858/12122/12187.aspx
Town of Fairfield, Health Department	Diabetes Prevention Healthy Living Program is a 16 week group-based wellness program designed especially for people at high risk of developing type 2 diabetes. The program goals include reducing and maintaining weight loss and increasing physical activity for participants. In a group setting, a trained health educators, who helps participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications. After the initial sessions, participants meet monthly for follow-up visits. The program is free, but individuals must commit to attending regularly.	725 Old Post Road, Fairfield CT	203-256-3150	https://fairfieldct.org/HealthEd
Town of Windsor-L.P. Wilson Community Center	Support group for adults with diabetes, family members, and friends.	599 Matianuck Avenue Windsor, CT 06095	860-285-1839	https://townofwindsorct.com/social-services/support-groups/
Trinity Health of New England Group	Provides a Diabetes Self-Management Education and Support Program endorsed by the American Diabetes Association consisting of a comprehensive education, training and support to individuals with diabetes and metabolic disorders and their families.	1075 Asylum Avenue Hartford CT	860-714-4402	https://www.trinityhealthofne.org/find-a-service-or-specialty/diabetes-and-endocrinology/services-provided
U.S Department of Veterans Affairs	Offers a four session Diabetes Self-Management Education Program for veterans. Walk-ins welcome.	950 Campbell Avenue West Haven CT	203-932-5711 ext. 5189	www.connecticut.va.gov/

University of Connecticut Health Center	Diabetes Education Self-Management Program assists people with diabetes and their families in meal planning, exercise, weight management, medications, and equipment selection as needed. We focus on empowering patients to be informed about the latest technologies and therapies and make choices appropriate for their lifestyle. This is accomplished through individual one-on-one sessions, group workshops, case management, and routine follow-up care.	263 Farmington Avenue, Farmington CT	860-679-3245	www.uchc.edu
VNA Community Healthcare	Dodge Diabetes Program focuses on healthy eating and increasing activity to lose weight and cut the risk of developing diabetes. Group support is provided by others with similar problems and goals. Dodge Diabetes follows the Center for Disease Control & Prevention's Prevent T2 successful, evidence based program.	753 Boston Post Road, Suite 200, Guilford, CT	203-458-4200	https://connecticuthomecare.org/dogediabetes/
Wallingford Family YMCA	Diabetes Prevention Program is a community-based lifestyle improvement program for adults with pre-diabetes. Programs goal is to empower adults with lifestyle changes that improve overall health and reduce the chance of developing type 2 diabetes.	203-887-5946	81 South Elm Street, Wallingford, CT	www.wallingfordymca.org
West Hartford-Bloomfield Health District	Free seven week workshop focuses on managing diabetes and eating well while following diabetic guidelines. The sessions are interactive. Snacks are provided each week.	580 Cottage Grove Road, Suite 100, Bloomfield CT	860-561-7900	n/a
Westerly Hospital	Westerly offers a 5 week group education course to help individuals gain knowledge and skills needed to manage diabetes.	25 Wells Street Westerly, RI 02891	1-800-933-5960 ext. 3533 or 401-596-6000	www.westerlyhospital.org

Westport Weston Family Y	<p>Diabetes prevention program is for individuals at risk of Type 2 diabetes reduce their risk and make healthier life choices. These objectives are done through weight management, healthier eating, and increased physical activities. The course is lead by a Lifestyle coach delivered through 25 sessions over the course of a year in a group setting.</p>	<p>59 Post Road East, Westport, CT</p>	<p>203-226-8981 ext 124</p>	<p>https://westporty.org/diabetes-prevention-program/</p>
Windham Community Memorial Hospital	<p>Certified diabetes educators provides individual education and group classes for patients with diabetes. There is a monthly support group which meets on the first Wednesday of each month at 1:00 PM and 7:00 PM. Topics vary from month to month. There is no fee for meetings, registration is required.</p>	<p>112 Mansfield Avenue, Willimatic, CT</p>	<p>860-456-6727</p>	<p>https://windhamhospital.org/services/diabetes-endocrinology</p>
Yale- New Haven Hospital Saint Raphael Campus	<p>Center offers a full range of diabetes care, one-on-one lifestyle counseling, blood sugar monitoring, instruction and insulin-injection training. Group diabetes education classes and an educational resource room help patients to learn more about their diabetes. Outpatient and inpatient diabetes care is offered including free educational diabetes programs for patients and their families. The Center is recognized by the American Diabetes Association (ADA).</p>	<p>789 Howard Avenue, New Haven CT</p>	<p>203-737-1932</p>	<p>https://www.ynhh.org/services/diabetes-endocrinology.aspx</p>
Yale-New Haven Hospital	<p>Diabetes program offers a full range of diabetes care for individuals with diabetes, pre-diabetes, metabolic syndrome, insulin resistance and polycystic ovary syndrome. Services include one-on-one lifestyle counseling, blood sugar monitoring, instruction and insulin-injection training. Group diabetes education classes and an educational resource room help patients to learn more about their diabetes. Outpatient and inpatient care is offered including free educational diabetes programs for patients and their families.</p>	<p>20 York Street, New Haven CT</p>	<p>203-737-1932</p>	<p>https://www.ynhh.org/services/diabetes-endocrinology.aspx</p>

<p>YMCA- Central Connecticut Coast</p>	<p>The Y's Diabetes Prevention Program is a group-based wellness program designed especially for people at high risk of developing type 2 diabetes or who are prediabetic. The program goals include reducing and maintaining a modest amount of weight loss and increasing physical activity. In a group setting, a trained lifestyle coach helps participants learn skills for healthier lifestyles by healthy eating, increasing physical activity and other behavior modifications over the course of 16 weeks. After the initial sessions, participants meet monthly for up to a year for added support in maintaining their lifestyle changes. Sessions will take place in the following communities: Ansonia, Branford, Bridgeport, Derby, Fairfield, Hamden, Milford, New Haven, North Haven, Stratford, Trumbull, and West Haven.</p>	<p>1240 Chapel Street, New Haven, CT</p>	<p>203-375-5844, ext. 32</p>	<p>https://ccymca.org/</p>
<p>YMCA- Greater Hartford</p>	<p>The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. During this year-long program, participants meet for 1-hour per week in a small group class with a certified lifestyle coach. The coach provides the tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.</p>	<p>90 State House Square Hartford, CT;</p>	<p>860-595-3026</p>	<p>https://ghymca.org/diabetes</p>

YMCA- Middlesex	Diabetes Prevention program is offered to anyone who has been diagnosed by their doctor with pre-diabetes or has been diagnosed with Type 2 Diabetes. The 12 week Diabetes Wellness Program includes: 3 one-on-one hour-long sessions with a fitness coach, personalized workout plan encouraging a minimum of exercising 2 times a week, weekly contact via e-mail from a fitness coach, weekly nutrition tip/goal, 3 official weigh-ins, 3 month membership to the Middlesex YMCA, pre/post wellness quiz, flexibility to start the program anytime.	99 Union Street Middletown CT	860-347-6907	https://www.midymca.org/
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