

Contact Us

Visit our website to find a location near you:

 www.smallstepsforbigchanges.com

Give us a call or email us:

 250 807 8419

 smallsteps.bigchanges@ubc.ca



Testimonials



In the first 4 months of the program, I lost 22 pounds and feel fantastic. I continue to use the knowledge I gained to make informed and smart decisions regarding my health.



I would recommend the Small Steps for Big Changes program to anyone who wishes to take a hold of their well-being without the use of drugs.



SMALL STEPS
FOR **BIG CHANGES**

**Decrease your risk
of developing type 2
diabetes**

**An evidence-based
behaviour change program
offered at select YMCAs
Canada-wide.**

This promotion pamphlet is for recruitment into a UBC research study titled "Small Steps for Big Changes: Implementing an evidence-based diabetes prevention program into diverse urban communities" (Principal Investigator Dr. Mary Jung). Version 1: June 24, 2025.

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Diabetes Prevention
Research Group

Are you 18 or Older?

Ask yourself

- Are you inactive?
- Are you overweight?
- Do you have high blood pressure?
- Do you have a parent or a sibling with type 2 diabetes?

If you answered “YES” to any of these questions, you may be at risk for type 2 diabetes. We can help!



What is prediabetes?

- Prediabetes is a condition where your body has high blood sugar levels, but not high enough to have type 2 diabetes.
- Prediabetes is a warning sign that you are at risk of type 2 diabetes.
- Type 2 diabetes is a chronic disease where blood sugar levels are too high, damaging blood vessels.
- Type 2 diabetes can cause permanent damage to organs and nerves.
- Over time, diabetes can lead to heart disease, kidney disease, loss of vision, lower limb amputation and stroke.
- You may not notice any symptoms of high blood sugar, but making diet and exercise changes can decrease your risk of developing type 2 diabetes.

Act Now...

NO
COST

ONE ON
ONE

SIX
SESSIONS

TRAINED
COACHES

FOLLOW-UPS AT
12 + 24 MONTHS



Evidence-based



Personalized



Fun and flexible

Visit us OR fill out our survey to get started:



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