

NATIONAL DIABETES PREVENTION PROGRAM



- Receive weekly support from a trained lifestyle coach.
- Improve overall health by losing extra weight and becoming more active.
- Earn points towards incentives such as electronic food scales and activity trackers.

Join us for a virtual class
Info session: Tues, Aug 29th from
12-1:00 p.m.
First session: Tues, Sept 5th 12-1 p.m.

For information or to register,
call (833) 673-9355

