

LOSE WEIGHT AND CUT YOUR RISK OF TYPE 2 DIABETES IN HALF

If you are an adult who is **overweight, has prediabetes or borderline diabetes, a family history of diabetes, or has had gestational diabetes, consider joining our year-long Lifestyle Change Program.**

This program is covered by most insurances with no out-of-pocket costs. If you don't have insurance, you may be eligible to receive assistance for services at no or low cost to you.

In this program, you will:

- ✓ Lose 4-7% of your weight and feel confident
- ✓ Receive ongoing support for a year
- ✓ Have fun while getting more physically active
- ✓ Learn to eat healthier without giving up the foods you love

Pre-registration is required.
Complete the form at :



bit.ly/4cDqQHg



9/3/24 - 4:30 pm
(White Plains, in-person)

9/4/24 - 12:30 pm, virtual

10/3/24 - 6:15 pm
(White Plains, in-person)

(Address will be sent after
registration is complete)

For more information
contact us at:



301-609-6622