



LOSE WEIGHT AND CUT YOUR RISK OF TYPE 2 DIABETES

If you are an adult who is overweight, has prediabetes, or a history of gestational diabetes, join our year-long National Diabetes Prevention Program.

In this lifestyle change 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

Upcoming start dates:

1/7/25 – 5:00 PM
(Bryans Road)

1/8/25 – 3:00 PM
(Virtual)

1/22/25 - 6:00 PM
(White Plains)

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.



REGISTER today:

 301-609-6885

 angela.deal@maryland.gov

tlc-md.org/charlescounty