



Diabetes Prevention Program



- Have you been told that you have Pre-diabetes?
- Have you had some “borderline diabetes” test results?
- Are you overweight and have a family history of diabetes?
- Could you use a little more activity?

If so, please consider joining us for the

National Diabetes Prevention Program!

*CDC-recognized diabetes prevention lifestyle change programs are year-long interventions that help participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills. The programs are part of the CDC-led National Diabetes Prevention Program—or National DPP—a partnership between public and private sectors to fight the growing problem of prediabetes and reduce the impact of type 2 diabetes. **During the first 6 months of the program, you will meet about once a week. During the second 6 months, you'll meet once or twice a month.***

If you have been trying to lose weight but have not met your goal, why not stay on track and join us for our diabetes prevention program to continue your journey for health!

New Programs will be starting in Carbon, Monroe, Pike Counties

**For more information call Gino Pio at 610-379-2001
or e-mail at gpio@ecneahec.org**