



Diabetes Prevention Program Information Session



- 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 a virtual information session
to learn more about our
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.

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

Contact Gino Pio at gpio@ecneahec.org or at info@ecneahec.org
for more information, to schedule a session, or
to learn how to set up Zoom on your device.

*The Diabetes Prevention Programs are offered by the Eastcentral PA Area Health Education Center
through funding from the American Lung Association and Health Promotion Council*