TAKE CHARGE OF YOUR HEALTH

FREE Diabetes Prevention Program!

If you have prediabetes or other risk factors for Type 2 diabetes, the Prevent T2 lifestyle change program can help! The free program offers:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- Follow-up meetings to help you maintain your healthy lifestyle

The program meets weekly for 16 weeks, then bi-weekly, and then monthly.

Our next virtual program begins -

JANUARY 20 - Wednesdays, 7 pm - 8 pm

To learn more or to register, go to sphp.com/DPP or, contact Katie.Cameron@sphp.com or call (518) 447-3548.

Find out if you have prediabetes.
Take the CDC self-assessment quiz at sphp.com/DPP.

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health