

NATIONAL DIABETES PREVENTION PROGRAM

FREE DIABETES PREVENTION PROGRAM *a full year of support.*

Join Us For A Discovery Session Of A Free year-long program that provides:

A CDC-approved curriculum

You will gain the coping skills

needed to manage stress,

lose weight and be more physically active.

You will have a trained lifestyle coach to guide you,

and the support from fellow participants.

to preregister follow the QR code

December 15th 10am

1101 Nott St, Schenectady, NY 12308

Conference Room ELH.B6

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