

Change today for a healthier tomorrow



The diabetes prevention program will help you jump start your life by making healthy changes. Trained lifestyle coaches will help you lose weight and increase physical activity in an interactive group setting. This program begins with once a week sessions for 16 weeks, followed by 6 monthly sessions. Participants are given support to reduce their risk or delay the onset of type 2 diabetes.

Am I eligible?

To qualify for this program, you must be 18 years of age or older and have pre-diabetes or be at risk for developing diabetes. This program is open to the public at no cost.

Join us at the Lewisberry Community Center, 308 Market St, Lewisberry, PA 17339
Thursdays from 12 p.m. – 1 p.m.

Session 1	July 20	Session 9	October 5
Session 2	July 27	Session 10	October 12
Session 3	August 10	Session 11	October 19
Session 4	August 17	Session 12	October 26
Session 5	August 24	Session 13	November 2
Session 6	August 31	Session 14	November 9
Session 7	September 7	Session 15	November 16
Session 8	September 14	Session 16	November 30

Questions? Call the wellness team at 866-415-7138.

