DIABETES PREVENTION PROGRAM

WANT TO LIVE WELL IN 2020?

Do you want to get healthier?
Do you want the support needed to eat better and be more active?
Has your doctor mentioned that you’re at risk for Diabetes?

This is a Certified National Diabetes Prevention Program taught by Diabetes Life Coaches.

This is a Yearlong program.
It costs $99 but if you complete the program...you get your money back.
AND you get a membership at the YMCA FREE for the first three months.
Have you asked yourself.....Is it time?

Kick off Meeting:
January 14, 2020
Elim Park
150 Cook Hill Road
Cheshire
RSVP: 203-272-2761
Any person over 18 yrs. can participate
Must meet criteria for pre-diabetic*
(pre-diabetic screening will be provided or Dr. referral)

For more information call Chesprocott Health District at 203-272-2761 or email Kglendon@chesprocott.org