

Are you at risk for developing **DIABETES?**



You may be eligible to participate in the **Diabetes Prevention Program (DPP)**

- The DPP is FREE to those with Pre-diabetes or are at high risk for developing type-2 diabetes. The DPP meets one hour per week for 16 weeks, followed by monthly follow-up sessions.
- Sessions cover lifestyle changes, including increasing physical activity and improving food choices. Participants work toward goals that lead to the prevention or delay of a diabetes diagnosis.
- Trained lifestyle coaches facilitate classes in small group settings.
- The Suffolk County Department of Health Services will be hosting a DPP series starting on **Wednesday, April 25, 2018, at 5:30 pm at the Office of Health Education 725 Veterans Highway, Hauppauge.** To register, please call Debora at 631-853-2928. Other DPP classes are held throughout Suffolk County. (Pre-registration is required)

For more information, visit our website at www.suffolkcountyny.gov/health located under Healthy Living, or call the Office of Health Education at 631-853-3162.



Steven Bellone
Suffolk County Executive

James L. Tomarken,
MD, MPH, MBA, MSW
Commissioner of the Department
of Health Services

