



DIABETES PREVENTION PROGRAM

A FREE program to help you be the best you can be!

LOCATION: Latin Adult Day Health Care Center
665 Charles St, Providence, RI 02904

CLASSES START: February 8, 2019

ENROLL UNTIL: March 1, 2019

DAY & TIME: Every Friday, 9 to 10 am

****This class will be offered in Spanish****

By attending each class, you will receive **free** program materials. Must be 18 years of age to participate.

Transportation assistance available.

The Diabetes Prevention Program, is part of the National Diabetes Prevention Program, led by the Centers for Disease and Control (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

TO REGISTER:

CALL ANA ALMEIDA-DOROSÁRIO: 401-444-8069

OR EMAIL: aalmeidadorosario@lifespan.org

GET ON TRACK WITH
HELP FROM YOUR
LIFESTYLE COACH

STAY ON TRACK
WITH GROUP
SUPPORT

FIND TIME FOR
PHYSICAL ACTIVITY

LOSE 5-7% OF YOUR
BODY WEIGHT

EAT HEALTHIER BY
ADDING FRUITS AND
VEGETABLES



**Lifespan
Community Health
Institute**

Delivering health with care.®

