



The Diabetes Prevention Program

A FREE program to help you prevent diabetes!

This FREE program will help you:

- Fit exercise into your daily routine
- Lose 5-7% of your weight
- Eat healthier by adding fruits and vegetables to your diet.

Type 2 Diabetes is preventable. Make a change...start now!

Classes start:

This class will be offered in Spanish

Location : Lifespan Community Health Institute, 335R Prairie Ave, Suite 2B, Providence

Date: Starts Tuesday, September 5. Enroll until September 26.

***Childcare & transportation
assistance provided***

Time: 6 to 7pm

The program consists of 16 once-weekly sessions followed by 6 sessions once a month. By attending each class, you will receive free program materials. Must be 18 years of age to participate.

For more information about the program or to enroll,
contact Ana Almeida-DoRosario at
aalmeidadorosario@lifespan.org or 401-444-8069.



Lifespan
Community Health Institute
Delivering health with care™