



LOSE WEIGHT AND CUT YOUR RISK OF TYPE 2 DIABETES

If you are an adult who is overweight, has prediabetes, or a history of gestational diabetes, join our year-long National Diabetes Prevention Program.

In this lifestyle change program, you will:

- Lose 4-7% of your weight and feel confident
- Receive ongoing support for a year
- Have fun while getting more physically active
- Learn to eat healthier without giving up the foods you love

Upcoming start dates:

Wednesdays

**October 1, 2025
4:30 pm - 5:30 pm**

or

**October 22, 2025
6 pm-7 pm**

This program is covered by most insurances with no out-of-pocket costs. If you don't have insurance, you may be eligible to receive assistance for services at no or low cost to you.



Pre-register today



301-609-6885



angela.deal@maryland.gov

tlc-md.org/charlescounty

**Both sessions will be held
in-person in White Plains**