



This program meets for 22 sessions



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:

1/7/26 - 3pm to 4pm (Virtual)

1/15/26 - 12pm to 1pm (Virtual)

1/21/26 - 6pm-7pm (Virtual)

If you are interested in an in-person class, just fill out the form below.

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



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tlc-md.org/charlescounty