



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:

Classes are both in-person and will be held in White Plains (address provided upon registration).

(Fridays) 5/1/26, 6:30pm-7:30pm

or

(Mondays) 5/4/26, 3pm-4pm

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 - Using the link below or scan QR code

 **301-609-6885**

 **angela.deal@maryland.gov**

tlc-md.org/charlescounty