

JUMP INTO THE NEW YEAR...A NEW YOU; FOCUS ON WEIGHT LOSS

Have a “NEW” mindset... Be Healthy & Active in 2018

Diabetes Prevention Program: DPP

DPP is a year-long program that is designed to work with individuals with pre-diabetes or gestational diabetes.

The Goal of DPP:
Is to decrease an individual chance of developing Diabetes.

DPP is designed to increase:

- Healthy Lifestyle
- Weight Loss
- Diabetes Prevention



SO...DO I HAVE
PREDIABETES?

86 MILLION HAVE
PREDIABETES
.....
ONLY **9** MILLION ARE
ABOUT **AWARE OF IT**



Sponsor by: Nash County Health Department
Contact Lifestyle Health Coaches:
Jerome Garner (252) 459-1547
Latesha Barnes-Staton (252) 459-1240



Information Sessions: January 24th and 31st

Time: 11:30 am – 1:00 pm **Location:** YMCA- 1000 Independence Dr. Rocky Mount, NC 27804

