

Are you at risk for type 2 diabetes?

Sign up for the National Diabetes Prevention Program!

A FREE program for people who live or work in Rockland. Classes meet for one hour each week for 16 weeks, then once a month for eight months. Trained coaches help you gain the skills you need to make lifestyle changes to prevent or delay type 2 diabetes.



Date: Starts Tuesday, October 3, 2017

Time: 9:30 AM - 10:30 AM

**Place: Rockland County YMCA
35 South Broadway
Nyack, New York 10960**

**For more information and to see if you are eligible to take part,
call (845) 364-2651. Pre-registration is required.**



Patricia Schnabel Ruppert, DO, MPH, CPE, DABFM, FAAFP
Commissioner of Health

Ed Day, County Executive

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