



FREE VIRTUAL DIABETES PREVENTION PROGRAM FOR SENIORS!

The National Diabetes Prevention Program is a yearlong program that meets for one hour sessions, once a week for 16 weeks followed by once a month for the remainder of the year. Participants will track weight loss, food and drink intake, and physical activity. This program aims to help participants make healthy dietary decisions, increase physical activity levels, lose 7% of body weight and prevent Type 2 Diabetes

Participants must be able to download the free application "Zoom"

Participants must have access to a computer, tablet or smart phone

Participants must have access to the internet

Participants must commit to meeting virtually, weekly

FOR MORE INFORMATION, CONTACT:

Dawn Batman
dbatman@montcopa.org
610-278-5926