

Diabetes Prevention Program

The National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program, structured to cut the risk of type 2 diabetes in half. Research shows that if you have prediabetes and lose weight by eating healthy and being more active, you can reduce your risk of developing type 2 diabetes by 50%.

There is no fee to participate! Learn more here: <https://www.youtube.com/watch?v=XxFpUYli2Vc>

(The hyperlink should say: A Change for Life. The National Diabetes Prevention Program)

Diabetes Prevention Program Schedule

Martinsville-Henry County

Available in 2018.

Patrick County

Stuart United Methodist Church
101 East Blue Ridge Street, Stuart, VA 24171

2017 Info Sessions: September 12 and September 26 at 5:30pm

Program start date: October 12, 2017 at 5:30pm

Call or email one of our lifestyle coaches to learn how to register:

Astrid Cole, RN: menmyrc8@yahoo.com – 276-952-5079

Lee Ann Seeley: INFO@happybeeherbs.com – 631-902-6558

Franklin County

Bernard Healthcare Center (Free Clinic of Franklin County)
1171 Franklin Street (Schewels Plaza) Rocky Mount, VA 24151

INFO Session: Monday, October 16, 2017 at 12 noon

Program start date: Monday, October 23, 2017 at 12 noon

To register, call Donna Proctor: 540-489-7500, Ext. 410

Email: donna@bernardhealthcare.com