

Somerset County Health Department

Diabetes Prevention Program

- Group Support
- Weight Management
- Diabetes Prevention Methods
- Healthy Eating & Meal Planning
- Nutrition Label Reading
- Healthy Lifestyle Approaches

A FREE 16-week lifestyle change program to prevent type 2 diabetes.



Starting September 5, 2019

THURSDAYS

5:30PM-6:30PM

PRINCESS ANNE LIBRARY

11767 BEECHWOOD ST.

PRINCESS ANNE, MD



Public Health
Prevent. Promote. Protect.

Somerset County
Health Department

To register please call the
Somerset County Health
Department at
(443) 523-1700

Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program sponsored by the Somerset County Health Department