

ARE YOU AT RISK FOR BECOMING DIABETIC ?



Caroline County Health Department will be offering a **FREE**

DIABETES PREVENTION PROGRAM

What: Lifestyle classes aimed to prevent diabetes

When: Beginning March 22, 2017 through March 2018 on Wednesday evenings

Year long program broken into 2 components

- 16 weekly sessions held March-August
- 10 follow up sessions held Sept.-March



Time: 6:00 pm to 7:00 pm

Where: Denton Library

Cost: FREE

**PREVENTION
WORKS!**

Eligibility Screening (must meet all requirements to enroll):

- ♦ 18 years of age or older
- ♦ Resident of Caroline or Dorchester County
- ♦ BMI ≥ 24
- ♦ Current blood work reflecting pre-diabetic status OR history of gestational diabetes
- ♦ Limited income per state guidelines **or** primary medical care is provided by Choptank Community Health

Pre-Registration is required

Please call Heather Reed, RN, BSN at the Caroline County Health Department at **410-479-8080** or email heatherl.reed@maryland.gov to learn more or sign up!

