Did you know?

* 1 out of every 3 U.S. adults has prediabetes.
* 9 out of 10 people do not even know they have it.

If you have prediabetes, you can take control and reduce your risk of developing diabetes.

The year-long Diabetes Prevention Program (DPP) provides you with:

- Trained Lifestyle Coach
- CDC Approved Curriculum
- Group Support During the Course of a Year

For every 2.2 pounds of weight loss you reduce your risk of Diabetes by 13%

The Suffolk County Department of Health Services will be conducting a DPP series starting on **Wednesday, March 11, 2020 at 6PM** the Suffolk County Department of Health, Office of Health Education, 725 Veterans Highway, Bldg. C016, Hauppauge. **Pre-registration is required.** For more information, call Debora @ 631-853-2928.

Steven Bellone
Suffolk County Executive

James L. Tomarken, MD, MPH, MBA, MSW
Commissioner of the Department of Health Services