



Sidney Albert
Albany JCC

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program

Type 2 Diabetes Is Preventable! About one in three American adults – 86 million people have prediabetes. Only 11% are aware of it.

About Our Program

The National Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health shows that Diabetes Prevention Programs can reduce the number of new cases of diabetes by 58% overall and by 71% in individuals over age 60.



Scan QR code to
sign up



Lisa Morlitz, PharmD, DipACLM, and DPP Lifestyle Coach, is committed to helping older adults develop habits that promote longer, healthier lives.

CLASS INFO

- ✓ Start date October 30, 2024
- ✓ Wednesdays 1:15PM-2:15PM for 16 weeks followed by 6 monthly maintenance sessions.
- ✓ No Cost for Albany JCC Members
- ✓ Classes will be held @ The Albany JCC, 340 Whitehall Rd. Albany, NY 12203
- ✓ For more information, or to register contact: lisam@albanyjcc.org

SIGN UP TODAY!



Daniel P. McCoy
Albany County Executive



ALBANY COUNTY
Cares about our community