

Better Health

Change is an important part of Better living

**CHANGE
TODAY
FOR A
HEALTHIER
FUTURE**



Diabetes Prevention Program

Bringing Health Awareness to:

Preventing Type 2 Diabetes

Better Nutrition Awareness

Lowering A1C

Better Heart Health

Weight Loss

Addressing Obesity

Simple steps to improving physical exercise

Achieving Health Goals

**A one-year program consisting of
16 -1-hour classes and monthly participant follow ups
registration at 1st session**

Email: mocstmarys@gmail.com

**Classes are 4:30—5:30 starting March 17, 2022 at
the Lexington Park Library, Lexington Park, MD.
21677 FDR Blvd.**

A Minority Outreach Coalition Community Outreach Program