

Diabetes Prevention Program

LIFESTYLE COACHING

"This year-long program kicks off with 16 weekly sessions, and then monthly meetups to help keep you motivated."

READY TO CHANGE YOUR LIFE?

Wednesdays, Aug 26-Dec 23

10:00-11:00 am

In Person @ Whitney Senior Center/Zoom

Register today! It's free! Call 320-255-7245

or register online @

<https://hipaa.jotform.com/whitneysc/DPPRegistration>



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