

Do you have pre-diabetes or are you at risk for developing diabetes?

Open to the public at no cost!

The National Diabetes Prevention Program meets about once a week for the first six months, followed by six monthly sessions. Trained lifestyle coaches will help you lose weight, increase your physical activity and teach you how to make healthy choices. Participants are given support to reduce their risk or delay the onset of type 2 diabetes.

Am I eligible for this program?

You must be 18 years of age or older and have pre-diabetes or be at risk for developing diabetes.

Join us on Tuesday evenings to make changes for a healthy tomorrow!

Albright Memorial Library

5:15 p.m. to 6:15 p.m.

500 Vine Street, Scranton, PA 18509

Dates are subject to change.

For the current schedule or if you have any questions, call the wellness team at 866-415-7138.




Geisinger

2019 | the core phase

Month	Date	Session	Attended
March	5	1	<input type="checkbox"/>
	19	2	<input type="checkbox"/>
	26	3	<input type="checkbox"/>
April	2	4	<input type="checkbox"/>
	16	5	<input type="checkbox"/>
	23	6	<input type="checkbox"/>
	30	7	<input type="checkbox"/>
May	7	8	<input type="checkbox"/>
	21	9	<input type="checkbox"/>
	28	10	<input type="checkbox"/>
June	4	11	<input type="checkbox"/>
	18	12	<input type="checkbox"/>
July	2	13	<input type="checkbox"/>
	16	14	<input type="checkbox"/>
	30	15	<input type="checkbox"/>
August	6	16	<input type="checkbox"/>

2019 | the core maintenance phase

Month	Date	Session	Attended
Sept.	3	17	<input type="checkbox"/>
Oct.	1	18	<input type="checkbox"/>
Nov.	19	19	<input type="checkbox"/>
Dec.	3	20	<input type="checkbox"/>
Jan.	7	21	<input type="checkbox"/>
Feb.	4	22	<input type="checkbox"/>

