



PROVIDENCE Diabetes and Nutrition Center

1160 Varnum St., NE | DePaul Professional Bldg., Ste. 110 | Washington, DC 20017

www.provhosp.org | Ph: (202) 854-7128 | Fax: (202) 854-4082



New!

PREDIABETES GROUP SESSIONS

One Hour • \$10.00/Person

No insurance or physician referral required. Pre-registration required!

One-time Informational Sessions

11am - 12Noon

December 22, 2017

February 23, 2018

April 27, 2018

June 22, 2018

Topics

- Prediabetes
- Preventing the onset of Type 2 Diabetes
- Eating better and managing prediabetes with diet and exercise
- Resources that can assist you with your prediabetes journey

Participants should arrive 15 minutes prior to the session to complete pre-registration info.

*Sessions led on a rotating schedule by
Registered Dietitian/Certified Diabetes Educator, Andrea C. Troutner*

For more information, please call

(202) 854-7128