



## 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**

August 24, 2018

October 26, 2018

December 28, 2018

February 22, 2019

April 26, 2019

### **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**