

Montefiore

Diabetes Prevention Program



We Offer:

- Classes with a Certified Lifestyle Coach
- 16 weeks of constant learning
- Supportive group environment
- FREE of charge, NO Co-payments

This program can help you lose weight, become more physically active and lower stress.

ASK YOUR PROVIDER FOR A REFERRAL TODAY!

Need more information?

Email: healtheducation@montefiore.org or call 718-920-4077

