

Diabetes AGES 60+ Prevention Program

Take charge of tomorrow!



Recently diagnosed as prediabetic or worried you might be at risk? Senior Services has you covered.

Program Highlights

- Reduce your chances of developing type 2 diabetes by 71%
- Learn about your body and how to make positive changes to your health
- Make new friends and gain support through our instructors and your peers

Join our *life-changing* program today!

Next Session Starts

January 2025

East Suffolk Recreation Center
138 S. Sixth St. Suffolk, VA 23434

Register with Mary Noonan at
757-963-9209 | mnoonan@ssseva.org