

Virtual Diabetes Prevention Program



Come join CHN's Diabetes Prevention Program!

Our year-long virtual program offers support and education on healthy habits to prevent diabetes. This small group meets on Zoom and includes:

- Weekly health classes
- Weekly exercise classes
- Milestone gifts along the way

Who can join?

Anyone with:

- A1C lab of 5.7 - 6.4
- History of Gestational Diabetes (diabetes during pregnancy)
- Positive Screening for Diabetes Risk Questionnaire

When: For the first 5 months, classes are every Tuesday, starting May 7th 2024 at 1 pm.

For the last 7 months, the group will meet bi-weekly (every other week).

Where: Classes are virtual over Zoom. You can use your home computer or smartphone to access.

To sign up, please contact:

Sara Pellegrini: 646-939-7046