

# ARE YOU AT RISK FOR TYPE 2 DIABETES?

Come join Montefiore Nyack Hospital's  
Diabetes Prevention Program

**Wednesdays 4:30 PM – 5:30 PM**

**Classes start Wednesday, October 23<sup>rd</sup>, 2019 and meets weekly for  
16 weeks, then monthly - one year program.**

Montefiore Nyack Hospital  
160 North Midland Avenue  
Nyack, NY 10960

The National Diabetes Prevention Program (NDPP) is a proven way to prevent or delay diabetes in people who have prediabetes or are at high risk for type 2 diabetes.

**Space is limited. Registration is required.**

- To register, or for more information, please call 845-348-2004.  
*Community Health Education at Montefiore Hospital*