

Free diabetes prevention program for those with prediabetes or are at high risk for diabetes

Alternate Name:

Category: [Education](#), [Exercise and Wellness](#)

Organization:

Description: Call 917-922-3938 or visit us on the web at www.heow.org to sign-up for one of our free lifestyle change programs. Learn what to eat to keep healthy, learn how to exercise to prevent or delay diabetes. You are eligible if you are 18 years or older, overweight, not diagnosed with T1 or T2 diabetes, and are not pregnant.

Phone: (917) 922-3938

Extension:

Url: <https://www.heow.org/events-1>

Email: info@heow.org

Additional Info

Application Process:

Wait Time:

Fees:

Accreditations:

Licenses:

Address:

205 East 42nd Street; 13th Floor; Room NE4 New York NY 10017

Details

Mutual Aid NYC