



Diabetes Prevention Program

One in three American adults has prediabetes.

If you currently have prediabetes or other risk factors for type 2 diabetes, now is the time to make a change. Carilion's Diabetes Prevention Program can equip you with the knowledge you need to help you take charge of your health.

The 12-month program begins Feb. 4 with sessions held most weeks for the first four months. Sessions are scheduled on Wednesday afternoons from 3 - 4 p.m. By meeting with a trained lifestyle coach, you will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

We are able to offer this program for free to a limited number of participants. Ask your provider today for more information about this program that can lead to a healthier life.



Thank you to Feeding Southwest Virginia for partnering with us to provide fresh produce.

The Diabetes Management and Prevention Program

1231 S. Jefferson St.
Roanoke, VA 24016
540-224-4360

Kick off session

Wednesday, Feb. 4, 2026
3 - 4 p.m.

**For more information or to register, call
540-224-4360**

