



St. Joseph Hospital
Catholic Health Services
At the heart of health



**Join us for a FREE information session on
March 27th at 7pm to learn about**

PREVENT T2



A National Diabetes Prevention Program

Lifestyle coaches help participants reach the following goals:

- Lose a minimum of 7% of body weight
- Increase physical activity to 150 minutes or more per week

**St. Joseph Hospital
4295 Hempstead Turnpike
Bethpage, NY 11714
(516) 520-2500**

Call now to reserve your seat!

**Call the Diabetes Education Center at St. Joseph Hospital
(516)520-2500 for more information and to sign up for this free
information session!**