The National Diabetes Prevention Program (NDPP) offered by Steuben County Public Health teaches participants how to lose weight, be more physically active, lower stress, and reduce type 2 diabetes risk. Do you want to stay healthy for a long time? You can do it with NDPP.

NDPP is a commitment to your health. This 2 year program has helped dozens lose weight and feel great. Classes begin weekly for 4 months and then taper down to biweekly and eventually monthly.

**Bath Class:** Steuben County Annex Room A  
**Info Session:** February 4 at 12:00 pm  
**Classes start February 25:**  
Tuesdays 12:00 - 1:00 pm

**Hornell Class:** Hornell YMCA Art Room  
**Info Session:** February 25 at 5:45 pm  
**Classes start March 10:**  
Tuesdays 5:45 - 6:45 pm

Cost: Covered by Medicare, Medicaid, and for Steuben County Employees. $150 for the 2 years for others.

**Eligibility:** Must be at risk for developing type 2 diabetes (cannot have ever been diagnosed with diabetes)  
*Qualifying blood work (one of the following):* Hemoglobin A1C: 5.7-6.4%; Fasting glucose: 100—125 mg/dL; or 2 hour glucose: 140—199

**Risk test:** [cdc.gov/diabetes/risktest](http://cdc.gov/diabetes/risktest)

For more information on the program visit [https://www.cdc.gov/diabetes/prevention/people-at-risk.html](https://www.cdc.gov/diabetes/prevention/people-at-risk.html). To register for the program complete the [registration form](http://www.steubencountyny.gov) found on the PH website, email lwagner@steubencountyny.gov, or call 607-664-2438.

The Corning YMCA also offers a similar program. You can sign up or request more information for their program by filling out their form online: [https://rochesterymca.org/programs/diabetes-prevention/](https://rochesterymca.org/programs/diabetes-prevention/), choose Corning from banner of locations or contact Christine Stanford by calling 585-341-4064.