



Participants from the last class said:

"[This program was] fun, motivating, and I found out it was possible to eat and enjoy food and still lose weight!"

"[This program] is the only way to lose weight and KEEP IT OFF!"



**Hosted by Steuben County Public Health  
CDC Recognized Provider**

**A WEIGHT LOSS program for people at risk for developing type 2 diabetes.**

**DAY CLASS**  
12:00 - 1:00 pm  
Tuesdays  
Steuben County Office Building,  
Bath  
Info Session October 9  
Classes start November 13

**EVENING CLASS**  
6:00 - 7:00 pm  
Thursdays  
Hornell YMCA,  
Hornell  
Info Session October 11  
Classes start November 15

**Free for Steuben  
County  
Employees!**

**The National Diabetes Prevention Program (NDPP) is a year-long LIFESTYLE CHANGE PROGRAM that focuses on losing weight through healthy eating and moderate exercise.**

**The class meets weekly for 16 weeks, then every other week for several months, and then monthly to complete the year.**

**NDPP is covered by Medicare or costs \$150 for the year.**

**For more info or to register for the class, contact Steuben County Public Health.**

**Call 607-664-2438**

**Visit [www.steubencony.org/publichealth](http://www.steubencony.org/publichealth) for the registration form**

**Email [LWagner@SteubenCountyNY.gov](mailto:LWagner@SteubenCountyNY.gov)**

**Follow on Facebook [www.facebook.com/SCNYPublicHealth](http://www.facebook.com/SCNYPublicHealth)**

*\*This program is not intended for those who have been diagnosed with diabetes.  
[Registration form](#) has eligibility requirements listed; see [website](#).*