



## PROVIDENCE Diabetes and Nutrition Center

1160 Varnum St., NE | DePaul Professional Bldg., Ste. 110 | Washington, DC 20017

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# PREDIABETES SESSION

One Hour • \$10.00/Person

## One-time Individual -OR- Group Informational Session By Appointment Only

*No insurance or physician referral  
required. Appointment and Pre-  
registration required.*

*Participants should arrive 15 minutes prior  
to the session to complete pre-  
registration information.*

## Topics

- Prediabetes
- Preventing the onset of Type 2 Diabetes
- Eating better and managing prediabetes with diet and exercise
- Resources that can assist you with your prediabetes journey

*Sessions led by  
Registered Dietitian/Certified Diabetes Educator, Andrea C. Troutner*

**For more information and/or an appointment,  
please call**

**(202) 854-7128**