How can I prevent Type 2 Diabetes?

Enrolling in the Prevent T2 program helped me make lifestyle changes to take care of myself and my family.

Learn how to make healthier food choices, lose weight, all while keeping active and having fun.

Classes available in DC and Maryland:

**LCDP DC**
2831 15th St NW
Washington, DC 20009

**La Casa**
3166 Mt. Pleasant St., NW
Washington, DC 20010

**LCDP HATTSVILLE**
Belcrest Center Dr, 301
Hyattsville, MD 20782

To enroll in DC:
(202) 449-8368 ext. 368 or (202) 462-4788 ext. 284

To enroll in Maryland:
(240) 582-5274