

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

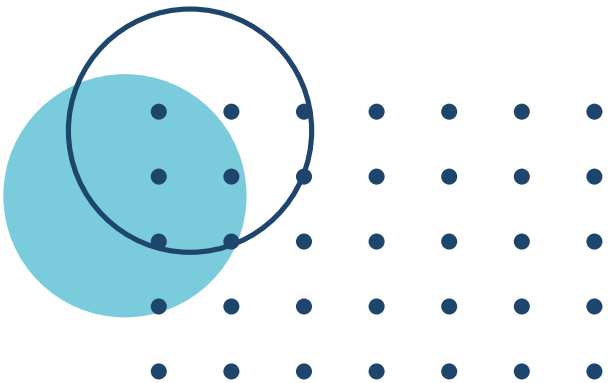
Learn how to make healthier food choices, lose weight, all while keeping active and having fun

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