

NJ Empower to Prevent

<https://njaes.rutgers.edu/fchs/nj-empower-to-prevent.php>



A free, year-long Diabetes Prevention Program for people with pre-diabetes
Delivered Completely on Zoom!

Presented by Rutgers Cooperative Extension
Dept. of Family and Community Health Sciences

**Trained CDC Lifestyle Coaches will help you reduce your risk of
developing Type 2 Diabetes through healthy lifestyle changes.**

**16 Weekly sessions to learn new skills, followed by
10 Biweekly/monthly sessions to keep you on track with your goals
WE ARE ENROLLING FOR MAY 2024!**

If interested please contact:
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