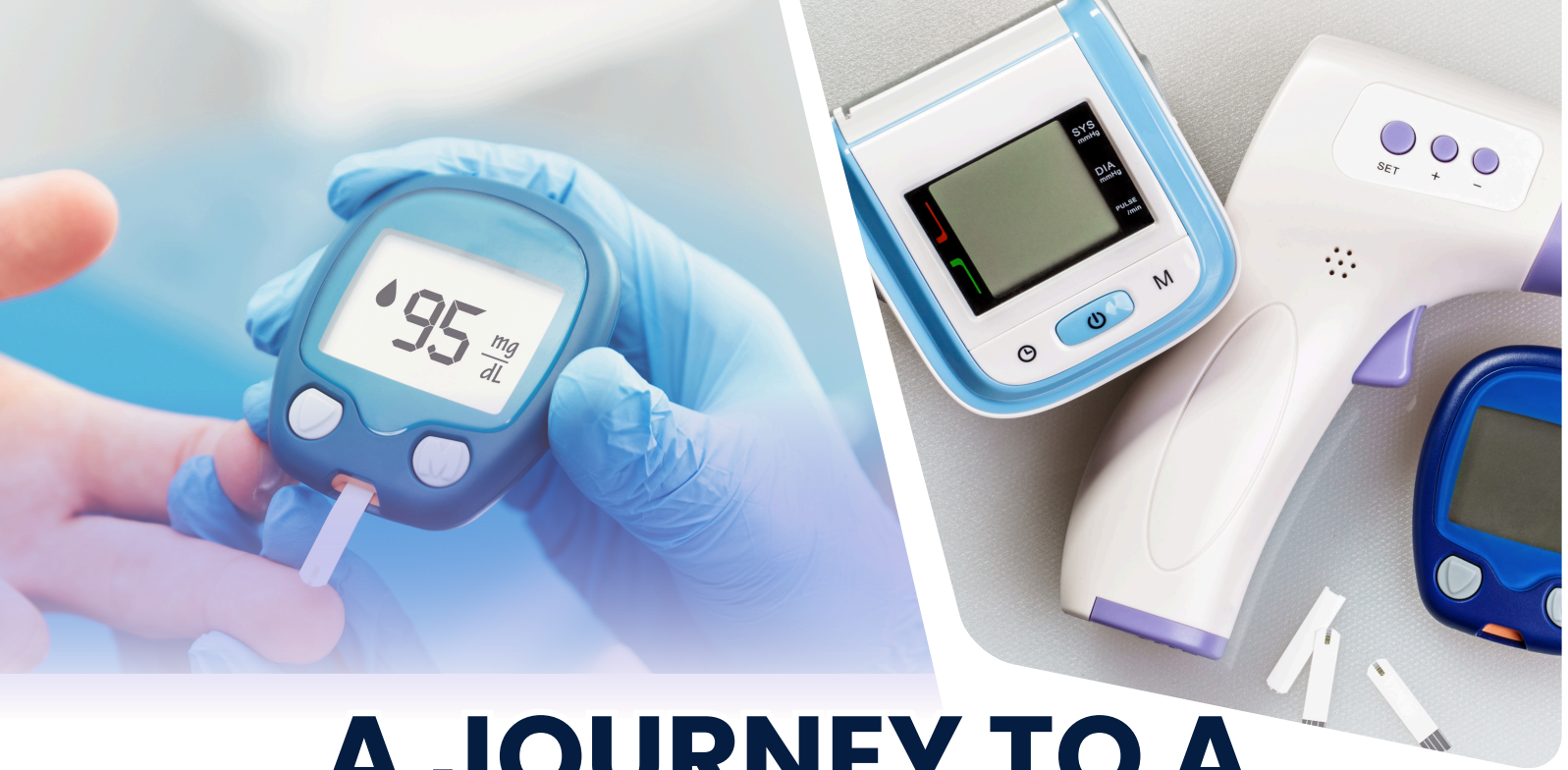




A JOURNEY TO A HEALTHIER ME:

A Diabetes Prevention Program

The Ringwood Health Department presents: A Journey to a Healthier Me! A Diabetes Prevention Program aimed to increase awareness and understanding of diabetes risk factors and prevention strategies.

Understanding Diabetes



Nutrition for Prevention



Lifestyle & Activity



Screening & Resources



Saturday, November 22nd
9AM-11AM
Ringwood Community
Center, 2nd Floor



Open to all community members!
Register on [CommunityPass](#) under 'Health Department Programs
2025' Walk-ins Welcomed!

For any questions please contact: jbruno@ringwoodnj.net

