



**Eastport Health Care, Inc.**  
*Our Specialty is YOU!*

Rowland B. French Medical Center  
Vogl Behavioral Health Center  
30 Boynton Street  
Eastport, Maine 04631  
Phone: 207-853-6001  
Fax: 207-853-6180

## **EHC Healthy Lifestyles Diabetes Prevention Program – virtual**

***Are you at risk for diabetes?*** Take the CDC Prediabetes Screening [Test](#) and if you score five or higher, you are likely to have prediabetes and are at high risk for type 2 diabetes.

***What can you or a family member do if you have prediabetes and want to prevent diabetes?***

Eastport Healthcare (EHC) is now offering a new session of the Diabetes Prevention Program without leaving home!

**Start date: January 28<sup>th</sup>, 2025**

**Time: 11 AM to 12 noon**

**Where: virtual ZOOM classroom**

---

**People at risk for diabetes that take part in this Healthy Lifestyles Program reduce their risk by 58% without leaving home!**

---

For more information, contact the Eastport Health Center's Christy Parks at 207-853-6001 or email at [cparks@eastporthealth.org](mailto:cparks@eastporthealth.org)

or

Go to Eastport Health Care website <https://www.eastporthealth.org/> or Facebook page <https://www.facebook.com/EastportHealthCare/>