

Your Healthier Future Starts Here



Join a community of friends and neighbors who are building healthy lives.

Our Diabetes Prevention Program will help you



Nourish

Eat foods you & your body will love.



Move

Be physically active in free & easy ways.



De-stress

Find balance when life gets hectic.



Reset

Get back on track after setbacks.

Designed to help you succeed



Free

Free and low-cost options are available.



Powerful

Small steps make big changes.



Convenient

Meet close to home or online.



Guided

Each group is led by a lifestyle coach.

90% of people with prediabetes don't know they have it.

Call our expert Diabetes Prevention Program navigators to see if you're at risk.



Call 844-328-0021 to save your spot.

Mon-Fri, 7am to 7pm ET

DiabetesFreeNC.com