



Providence Little Company of Mary offers a FREE Type 2 Diabetes Prevention Program – Choose2Change – that can help you make simple lifestyle changes proven to cut your risk of developing Type 2 diabetes by more than half.

Remember, lifestyle is everything – healthy attitude, healthy life!



Providence Little Company of Mary uses the PreventT2 lifestyle change program led by the Centers for Disease Control and Prevention (CDC) as part of their program.



Choose2Change
Type 2 Diabetes Prevention Program
Healthy attitude, healthy life



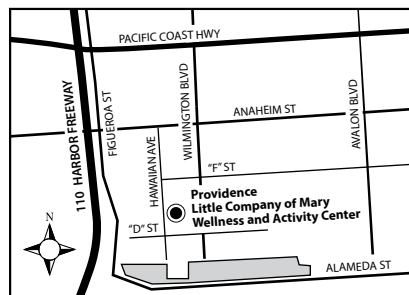
OUR MISSION

As expressions of God’s healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

OUR VALUES

Compassion, Dignity, Justice, Excellence, Integrity

**Providence Little Company of Mary
Wellness and Activity Center**
470 N. Hawaiian Ave.
Wilmington, CA 90744



Providence.org/Choose2Change

