



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!



**OUR MISSION**

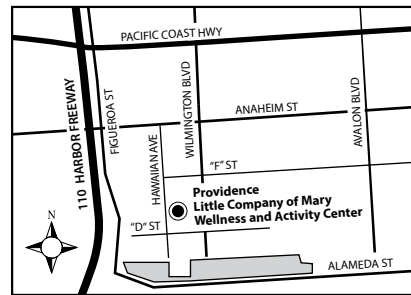
As expressions of God’s healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

**OUR VALUES**

Compassion, Dignity, Justice, Excellence, Integrity

**Providence Little Company of Mary Wellness and Activity Center**

470 N. Hawaiian Ave.  
Wilmington, CA 90744  
877-PROVIDE (776-8433)



[Providence.org/Choose2Change](http://Providence.org/Choose2Change)

**Choose2Change**  
**Type 2 Diabetes Prevention Program**  
*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.

