

| Location   | Beginning Date                 | Days & Times                    | Informational Session                 | Information/ Or to Register  | Cost                                   |
|--|--------------------------------|---------------------------------|---------------------------------------|--|--|
| <b>Summerville:</b><br><b>YMCA</b><br>208 W Doty   | February 6                     | Thursdays<br>11AM-12PM          | Individual intake                     | <b>Celeste Kenerley</b><br>843-486-1472<br><a href="mailto:communityhealth@summervilleYMCA.org">communityhealth@summervilleYMCA.org</a><br><br>Note: YMCA membership included in cost. | Member<br>\$199<br>non-member<br>\$429 |
| <b>West Ashley:</b><br><b>Waring Senior Center</b><br>2001 Henry<br>Tecklenburg<br>Drive | February 3                     | Mondays<br>11:00AM –<br>12:00PM | January 27<br>11:00AM                 | Waring Senior Center<br>843-402-1990<br><a href="http://www.lowcountryseniorcenter.com/waring-senior-center">www.lowcountryseniorcenter.com/waring-senior-center</a>                   | Member<br>no chg<br>Non-member<br>\$70 |
| <b>James Island:</b><br><b>Lowcountry Senior Center</b><br>865 Riverland<br>Drive        | February 5<br>12-1 PM          | Wednesdays<br>12-1PM            | January 22<br>12PM                    | <b>Lowcountry Senior Center</b><br>843-990-5555<br><a href="http://www.lowcountryseniorcenter.com">www.lowcountryseniorcenter.com</a>  | Member<br>no chg<br>Non-member<br>\$70 |
| <b>Hollywood:</b><br><b>Schroder Community Center</b><br>7224 SC-162                     | January 18<br>11AM-12P         | Saturdays<br>11AM-12PM          | January 11<br>11 AM                   | Margaret Peck<br>843-343-7556<br><a href="mailto:info@HealthyPlateCooking.com">info@HealthyPlateCooking.com</a>  | No chg                                 |
| <b>Mt. Horr AME Church</b><br>4360 SC-174, Younges Isl                                   | February 4<br>12:30-<br>1:30PM | Tuesdays<br>12:30-<br>1:30PM    | January 21 &<br>January 28<br>12:30PM | Margaret Peck<br>843-343-7556<br><a href="mailto:info@HealthyPlateCooking.com">info@HealthyPlateCooking.com</a>  | No chg                                 |



National Diabetes Prevention Program (DPP)

For more information: [www.cdc.gov/preventT2](http://www.cdc.gov/preventT2)

OR Call: Access Health Tricounty 843-743-2777