

Diabetes Prevention Program

Free Covered Benefit for Eligible Medicare Members

Age Well Senior Services has partnered with Skinny Gene Project to offer a free Diabetes Prevention Program (DPP) to qualifying members with prediabetes.

DPP is a year long lifestyle-change program to help you learn how to build healthier meals, be more active and meet your health goals with the support of a group of people.

Classes are taught by Lisa Gibson, MS, RDN

* Participants must provide an insurance card upon signing up.



To learn more or for questions, call:
Skinny Gene Project at
619-793-2008 or
RSM at 949-709-7592



Bell Tower Regional Center
22232 El Paseo, RSM, CA 92688
Thursdays, 1:00- 2:00
9/12/19-2/28/20