

MEN'S DIGITAL DIABETES PREVENTION PROGRAM



36% of men have prediabetes, increasing their risk of developing heart disease and stroke. Join a supportive online group of fellow male NYC employees to help decrease your risk of diabetes.



For more info and to register,
visit on.nyc.gov/maledpp



Led by Darwin Blanc, a certified Lifestyle Coach, Health Coach and Personal Trainer.

Launching March 2021

✉ workwell@olr.nyc.gov

📷 @workwellnyc

🔗 nyc.gov/workwellnyc

🌐 linkedin.com/company/wwnyc

TAKE ACTION

WorkWell
NYC
Bill de Blasio, Mayor
Healthy Workforce. Healthy City