

DIABETES PREVENTION	SERVICES OFFERED	LOCATION AND HOURS	CONTACT INFO
National Diabetes Program	For people with prediabetes, lifestyle change program to prevent or delay type 2 diabetes. Risk of type 2 diabetes is reduced, and overall health is improved by making lasting lifestyle changes, like eating healthier, adding physical activity into daily routine, and improving coping skills. Curriculum is facilitated by a trained lifestyle coach.	Numerous in-person and online Diabetes Prevention Programs (DPP) offered in NYC. For locations and hours, visit: https://www.cdc.gov/diabetes-prevention Speak with your healthcare provider to find out more about DPP near you.	Website: https://www.cdc.gov/diabetes-prevention
Alliance of New York State YMCAs	The Alliance of New York State YMCAs supports a host of Chronic Disease Prevention and Management Programs across the state.	Numerous in-person and online Diabetes Prevention Programs (DPP) offered in NYC. For locations and hours, visit: http://www.ymcanys.org/healthy-living/dpp/	Website: http://www.ymcanys.org/healthy-living/dpp/
DIABETES CLASSES, SUPPORT GROUPS, PEER MENTORING	SERVICES OFFERED	LOCATION AND HOURS	CONTACT INFO
NYC Health + Hospitals Diabetes Classes, Support Groups, Weight Management, and Peer Mentoring Programs	NYC Health + Hospitals facilities offer diabetes classes, self-management, support groups, weight management program, and peer mentoring for patients with diabetes. Educational topics could include but not limited to disease process and management, chronic/acute complications, healthy lifestyle, meal planning, nutrition, physical activity, problem solving, medications (oral agents/insulin teaching), monitoring blood glucose, smoking cessation, and stress management. Speak with your NYC Health + Hospitals primary care provider about which program is available and right for you.	For locations and hours, please speak with your NYC Health + Hospitals primary care provider (PCP).	Phone: 844.692.4692 Website: https://www.nychealthandhospitals.org/services/diabetes-care

DIABETES CLASSES, SUPPORT GROUPS, PEER MENTORING	SERVICES OFFERED	LOCATION AND HOURS	CONTACT INFO
Diabetes Foundation Free Virtual Workgroup for Diabetes Self-Management	Free 4-week virtual group workshop to learn skills to manage diabetes more effectively: how to make positive daily decisions to maintain healthy blood sugar levels. Program is offered in both English and Spanish, tailored to individual needs, goals, and life experiences.	For locations and hours, visit: https://diabetesfoundationinc.org/	Website: https://diabetesfoundationinc.org/ Phone: 201.444.0337 Email: info@diabetesfoundationinc.org
American Diabetes Association (ADA)	ADA offers online educational resources and tools. ADA maintains a directory of diabetes education programs.	Search for a diabetes education program near you: https://www.diabetes.org/diabetes/find-a-program	Website: https://www.diabetes.org/
Association of Diabetes Care and Education Specialists (ADCES)	ADCES accredits diabetes education programs, maintains directory of diabetes education programs, and offers online educational resources.	Search for a diabetes education program near you: https://www.adces.org/program-finder	Website: https://www.adces.org/diabetes-education-dsmes
Brooklyn Center for Independence of the Disabled – Diabetes Peer Support Group	Living with Diabetes, a free six-session, peer-led diabetes self-management program based on the Stanford University program for those living with diabetes or caring for someone with diabetes. Purpose of this workshop is to enhance skills and ability to manage health and maintain an active and fulfilling lifestyle.	Workshops are ongoing with dates that vary and depend on interest. Flexibility of attendance by location; Brooklyn and The Bronx. Space is limited; you must register to attend. Visit website for more info: https://www.bcid.org/contact/	Phone: 718.998.3000 Email: info@bcid.org

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Health People – Community Preventive Health Institute	<p>Diabetes Conquerors Program is a groundbreaking program that brings together the skills and determination of community residents to reverse the Bronx’s crippling diabetes epidemic. Launched by South Bronx women who decided to become diabetes prevention educators, it now also includes diabetes self-care education and a unique program of peer-delivered foot care education designed to bring down the Bronx’s extremely high diabetes-related foot amputation rate.</p> <p>Health People’s Peer Training is designed to give people with limited education and work experience the skills to succeed and to successfully deliver community health solutions regarding health topics such as diabetes and smoking cessation.</p>	<p>For more information about Health People programs, visit: https://www.healthpeople.org/</p>	<p>Phone: 718.585.8585 Fax: 718.585.5041 Email: InHouse@HealthPeople.org</p>
NUTRITION RESOURCES	SERVICES OFFERED	LOCATION AND HOURS	CONTACT INFO
Farmers’ Markets and Health Bucks	<p>Fresh fruits and vegetables available for purchase. For every \$2 spent in Supplemental Nutrition Assistance Program (SNAP) benefits at NYC farmers markets, customers get \$2 in Health Bucks up to \$10 in Health Bucks per day. Health Bucks are redeemable for fresh fruits and vegetables at all NYC farmers markets.</p>	<p>Find locations here: https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page</p>	<p>Website: https://www1.nyc.gov/site/doh/health/health-topics/health-bucks.page Text: 877877 Text <u>So Good</u> to receive info about nearby markets with address and hours of operation.</p>

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<p>Get the Good Stuff</p>	<p>At select NYC grocery stores, for every \$1 spent in SNAP benefits on eligible fresh, frozen, canned, and dried fruits, vegetables and beans, shoppers enrolled in the program can get \$1, up to \$10 per day, to buy more eligible food. Customers with SNAP can enroll in the program by visiting the customer service desk at a participating supermarket.</p>	<p>Visit https://www.nyc.gov/site/doh/health/health-topics/free-produce-snap.page to find participating supermarkets.</p>	<p>Email: getthegoodstuff@health.nyc.gov</p>
<p>Nutrition and Culinary Facebook Live Workshops</p>	<p>Just Say Yes to Fruits and Vegetables Stellar Farmers Markets team is offering free, weekly Facebook Live nutrition and culinary workshops in both English and Spanish. Workshops are focused on healthy eating tips and delicious seasonal recipes will be shared.</p>	<p>Workshops are held Tuesdays from 12–12:30 (English workshops) and Wednesday from 12–12:30 (Spanish workshops). Past workshops are available at Eat Healthy, Be Active NYC Facebook page: https://www.facebook.com/EatingHealthyNYC/videos/</p>	<p>Website: www.facebook.com/EatingHealthyNYC Email: Mdunncarver@health.nyc.gov</p>
<p>Green Carts</p>	<p>These mobile food carts operate throughout the five boroughs to bring healthy produce options to neighborhoods with limited accessibility.</p>	<p>Carts move through select neighborhoods in each borough; the map can be found online at: http://www1.nyc.gov/assets/doh/downloads/pdf/cdp/green_carts_areas.pdf Hours and specific locations are dependent on cart operators.</p>	<p>Website: https://www.nyc.gov/site/doh/business/food-operators/green-carts.page Email: greencarts@health.nyc.gov</p>
<p>NYC Health + Hospitals Farmers' Markets</p>	<p>Farmers' Markets are located at many NYC Health + Hospitals facilities and offer affordable, locally grown vegetables and fruits, along with fresh juices and flowers. Many of the markets conduct on-site cooking demonstrations at no charge for healthful eating tips to fight obesity and avoid chronic disease. Numerous programs and payment options help residents buy food. at the farmers markets, so everyone can eat healthily and nutritiously.</p>	<p>Find locations here: https://www.nychealthandhospitals.org/services/farmers-markets/</p>	<p>Website: https://www.nychealthandhospitals.org/services/farmers-markets/</p>

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SNAP-Ed	Free nutrition education for individuals who qualify for/receive benefits through SNAP. SNAP-Ed provides education materials online regarding Drinking Healthy, Eating Healthy, and Smart Shopping. A Provider Directory is available to locate a nutritionist.	Information is located online at https://otda.ny.gov/programs/nutrition/healthy-eating.asp	Website: https://otda.ny.gov/programs/nutrition/
City Harvest's Mobile Markets™	Mobile Markets are farmers' market settings, bringing fresh produce, free of charge, to the community. Cooking demonstrations are often provided to learn how to make healthy meals.	Find locations at https://www.cityharvest.org/programs/mobile-markets/	Email: rrobbins@cityharvest.org
Staten Island Food Pantry, Community Health Action of Staten Island	<p>Food pantry offers healthy food as well as blood pressure screenings. Free food and services of the pantry are open and available to anyone. Shop at the pantry once each month and choose from available foods so you can take home what your family will eat. Nutrition and cooking workshops are conducted at the pantry throughout the year.</p> <p>Mobile Food Pantry visits neighborhoods across Staten Island, distributing free food four days/week. Visit hungryonstatenisland.com for the schedule.</p>	2134 Richmond Terrace Staten Island, NY 10302 PANTRY HOURS: Tuesday, 10 am – 2 pm Wednesday, 12 pm – 4 pm Friday, 2 pm – 6 pm Saturday, 10 am – 2 pm	Phone: 718.808.1840 Website: https://chasingny.org/location/community-access-center-community-food-pantry/

PHYSICAL FITNESS PROGRAMS	SERVICES OFFERED	LOCATION AND HOURS	CONTACT INFO
Shape Up NYC	<p>Shape Up NYC is a free group fitness program with locations across the five boroughs. Fitness classes include aerobics, bootcamp, and Zumba.</p> <p>Shape Up NYC is a free program. You do not need to be a member of a recreation center in order to attend a class, though you must bring a lock and a government-issued ID for classes held at recreation centers.</p>	<p>Registration is required and open on a rolling week-to-week basis. Registration for each week's classes opens the day after the previous class took place (or on Monday for weekend classes) and lasts until the start of class. To register for a class, please go to https://www.nycgovparks.org/programs/recreation/shape-up-nyc</p>	<p>Website: https://www.nycgovparks.org/programs/recreation/shape-up-nyc</p>
Silver Shoes Dance Club	<p>Silver Shoes Dance Club welcomes dancers over 55 years of age for this weekly, free, social dance class. Learn how to Tango, Cha-cha, Foxtrot, and more. No experience or partner necessary.</p>	<p>Check website for calendar and location of classes, including online classes: https://www.silvershoesdanceclub.com/</p>	<p>Email: silvershoesdanceclub@gmail.com</p>
Adult Movement Class and Tai Chi Class at Washington Square Park	<p>Join Washington Square Park Conservancy and Dances for a Variable Population for a FREE Adult Movement Class in Garibaldi Plaza.</p> <p>Get your body moving with fun, unique dance classes that promote strong and creative movement among adults of all ages and abilities.</p> <p>Join Washington Square Park Conservancy and Greenwich House Senior Centers for a FREE Tai Chi Class. Tai Chi is a self-paced system of gentle physical exercise and stretching.</p>	<p>Check website for location and hours: https://washingtonsqpark.org/eents/</p>	<p>Website: https://washingtonsqpark.org/events/</p> <p>Email: hello@washingtonsqpark.org</p>
Moving for Life	<p>Moving for Life is a gentle work out that begins with breathing exercises, then move into active aerobic dancing that strengthen body awareness.</p>	<p>Check website for calendar and locations of both online and outdoor classes: https://www.movingforlife.org/classes/</p>	<p>Website: https://www.movingforlife.org/classes/</p> <p>Phone: 212.222.1351</p>
Adult Hikes at the Greenbelt Nature Center	<p>Free hikes designed for adults ages 18+ who want to spend time in nature and get healthy exercise.</p>	<p>Check Staten Island Greenbelt Nature Center calendar for locations and times: https://sigreenbelt.org/events-calendar/</p>	<p>Website: https://sigreenbelt.org/contact-us-2/</p>

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NYC Parks and Recreation Programs and Centers	<p>NYC Parks and Recreation Department maintains many facilities dedicated to fitness and physical activity. These recreation centers offer exercise equipment, fitness and dance classes, gymnasiums, tracks, pools, and sports programs. Annual membership is \$150 for adults ages 25-61 for access to all facilities, while membership to facilities without indoor pools goes for \$100. Six-month memberships are \$75 for all centers and \$50 for centers without pools. For people aged 18–24 or above 61 years old, annual membership is \$25.</p> <p>NYC Parks and Recreation Department runs programs for seniors, youth, and people with disabilities. You can find these programs and more through BeFITNYC which is a fitness search engine to find programs, facilities, leagues, and fitness activities for all ages. Visit https://www.nycgovparks.org/events/fitness</p>	<p>For Recreation Centers location and hours, visit: https://www.nycgovparks.org/facilities/recreationcenters</p> <p>For programs, facilities, leagues, and fitness activities for all ages, use the BeFITNYC search engine at: https://www.nycgovparks.org/programs</p>	<p>Visit website for more info: https://www.nycgovparks.org/</p>
Bryant Park Free Fitness Programs	<p>Bryant Park offers free fitness programs including yoga, Tai Chi, modern dance, and Boot Camp. The boot camp is run by The Rise NYC, a community driven pop-up fitness group, and exercises include crunches, planks, push-ups, burpees, and mountain climbers to ensure a mixture of cardio and strength training.</p>	<p>For locations and hours, visit: https://bryantpark.org/programs</p>	<p>Phone: 212.768.4242 Email: info@bryantpark.org</p>
Waterfront Workouts	<p>Free Yoga, Zumba, and Family Fitness Classes at Brooklyn Bridge Park</p>	<p>For locations and hours, visit: https://www.brooklynbridgepark.org/event-series/waterfront-workouts/</p>	<p>Website: https://www.brooklynbridgepark.org/about/event-series/waterfront-workouts/</p>
Hunters Point Parks Free Fitness Classes	<p>Hunters Point Parks in Long Island City hosts free Fitness Classes such as Zumba and H2shO™</p>	<p>For locations and hours, visit: https://www.hunterspointparks.org/whats-happening</p>	<p>Website: https://www.hunterspointparks.org/</p>
The Rise, NYC	<p>Free group fitness classes featuring high intensity interval training and core body boot camp at various locations in NYC.</p>	<p>For locations and hours, visit: https://www.therisenyc.org/workouts/</p>	<p>Website: https://www.therisenyc.org/</p>

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Axis Project	<p>The Axis Project is dedicated to motivating people with physical disabilities to stay active and lead healthy lives.</p> <p>They host open games of Wheelchair Basketball and invite people to come play, practice, and learn.</p>	<p>For locations and hours, visit: https://axisproject.org/</p>	<p>Website: https://axisproject.org/</p> <p>Phone: 646-844-AXIS</p>
Socrates Sculpture Classes	<p>Socrates offers a wide variety of FREE activities for their diverse community.</p>	<p>For location and hours, visit: https://socratessculpturepark.org/programs/all/</p>	<p>Phone: 718.956.1819</p> <p>Website: https://socratessculpturepark.org/programs/all/</p> <p>Email: info@socratessculpturepark.org</p>
Free Community Rowing at Pier 40	<p>Village Community Boathouse provides free, no experience necessary Community Rowing at Pier 40 at Houston Street on the Hudson River. Community rowing is open to all, although some physical agility is required. Introductions to rowing are offered along with several hours of free roaming.</p>	<p>For locations and hours, visit: https://villagecommunityboathouse.org/calendar</p> <p>Many boat clubs offer free rowing. Check out these community-based organizations for more info: https://nycwatertrail.org/</p>	<p>Phone: 212.229.2059</p> <p>Email: info@vcb.nyc</p>
The Sweat Sessions	<p>Free outdoor fitness classes consisting of a variety of modalities including yoga, boot camp, dance cardio, boxing, Pilates, and more.</p>	<p>Hudson River Park’s 14th Street Park Located at 10th Avenue between 14th and 15th Streets.</p> <p>Three free 45-minute classes at 5:30 pm, 6:30 pm, 7:30 pm every Tuesday night.</p>	<p>Website: https://meatpacking-district.com/calendar/the-sweat-sessions-2</p>
The Most Informal Running Club, Ever (TMIRCE)	<p>This group hosts casual, judgment-free runs that vary in length from 2 miles to 10 miles, but participants are encouraged to run however much they’re comfortable with. The Club also hosts track workouts and tempo runs consisting of warm-up runs, endurance drills, and cool-down runs.</p>	<p>For locations and hours, visit: https://www.nyc-informalrunning.com/</p>	<p>Website: https://www.nyc-informalrunning.com/</p>