



# Health Programs

**Freedom From Smoking**

**Diabetes Prevention Program**

**Caring and supportive team of NEPA AHEC  
will be conducting the above programs  
in person or virtual.**

**Pre- register for information sessions held  
on Zoom every 1st and 3rd Tuesday of  
every month.**

**Call or Text: 570-209-9644  
Email: [info@ecneahec.org](mailto:info@ecneahec.org)  
to receive your Zoom link.**

