



Fairfax County
**Neighborhood and
Community Services**



FREE

Join us for:

Road to Health

The Road to Health is a six-week program where participants will learn about diabetes and colon cancer prevention based on information that has been taken from the Centers for Disease Control and Prevention (CDC). Certificate of completion available for participants who complete the six-week course.

Engage in discussion and participate in activities:

- **Learn about the risk factors for both diabetes and colon cancer.**
- **Gain in-depth knowledge about what causes these diseases and the changes they cause to the human body.**
- **Learn about what can be done to prevent diabetes and colon cancer.**

For more information, please contact Zubair Saeed, MD, MPH
Community Health Specialist, Fairfax County Department of Neighborhood and
Community Services at 571-356-3568 or Zubair.saeed@fairfaxcounty.gov.



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Mondays
May 19 – June 30, 2025
(No Class May 26)



6:30 – 7:30 p.m.



**Hybla Valley
Community Center**
7950 Audubon Avenue
Alexandria, VA 22306



Scan me

Save your spot, register today!