

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 is a CDC recognized program by the National Diabetes Prevention Program (NDPP) to help individuals delay or lower their risk of developing Type 2 Diabetes.

Place: Zoom (virtual)

Date: Wednesdays from **January 14, 2026 - December 30, 2026**

Time: 9:00 am - 10:00 am

Cost: Free!

What do I get when I sign up for this program?

- Support and guidance from a trained Lifestyle Coach
- Access to a 1-Year (12 months) program
- Support from other participants
- **FREE** gym or pool membership

How do I know if I qualify?

- Your doctor can help you find out if you have prediabetes or are at risk for type 2 diabetes
- You can also take a free risk-test at www.doihaveprediabetes.org

**CHANCE
TO CUT
YOUR
RISK IN
HALF!**

**SUPPORT
TO LOSE
5-7%
BODY
WEIGHT**

**150
MINUTES
OF
ACTIVITY A
WEEK**

Registration Deadline: Wednesday, December 31, 2025

TO SIGN-UP, PLEASE CONTACT:

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