**WHAT IS IT?**

The Prevent T2 Program is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

**WHO SHOULD REGISTER?**

People with prediabetes or other risk factors for type 2 diabetes. Risk factors include:

- 45 years of age or older
- Overweight
- Family history of type 2 diabetes
- Physically active fewer than 3 times per week
- History of diabetes while pregnant (gestational diabetes) or have given birth to a baby that weighed more than nine pounds

**BENEFITS**

- A **FREE** year-long program
- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Having a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>MEETING</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>March 2020 to March 2021</td>
<td>PHASE 1: March 3, 2020 to June 16, 2020 (One class a week)</td>
<td>PRINCE GEORGE’S COUNTY GOVERNMENT 1400 McCormick Drive, Suite 139, Training Room 2, Largo, MD 20774</td>
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<td>- Every Tuesday</td>
<td>PHASE 2: June 30, 2020 to August 11, 2020 (One class every two weeks)</td>
<td>PRINCE GEORGE’S COUNTY HEALTH DEPARTMENT D. Leonard Dyer Regional Health Center 9314 Piscataway Road, Auditorium, Clinton, MD 20735</td>
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<td>- This YEAR-long program consists of a total of three consecutive phases</td>
<td>PHASE 3: September 8, 2020 to March 2, 2021 (One class per month)</td>
<td>Clinton Class: 3:00 pm - 4:00 pm</td>
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**REGISTER NOW**

Online Registration: tinyurl.com/preventT2  
Largo Class: 301-856-9465 | Clinton Class: 301-856-9643  
Email: WellnessInfo@co.pg.md.us  
Website: health.mypgc.us/preventT2

**Disclaimer:** In the event of inclement weather, classes will be cancelled. Program participants will receive either a call or email letting them know when classes will resume.