

# PREVENT TYPE 2 DIABETES

## Register for the Prevent T2 Program

### 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!

| SCHEDULE  | MEETING  | LOCATION   |
|---|--|--|
| <b>April 2021-March 2022</b> <ul style="list-style-type: none"><li>• Every Tuesday</li><li>• Time: 2:00 pm to 3:00 pm</li><li>• This <b>YEAR</b>-long program consists of a total of three consecutive phases</li></ul> | <b>PHASE 1</b><br><b>April 20, 2021-August 10, 2021</b> <ul style="list-style-type: none"><li>• One class a week</li></ul> <b>PHASE 2</b><br><b>August 24, 2021-October 5, 2021</b> <ul style="list-style-type: none"><li>• One class every two weeks</li></ul> <b>PHASE 3</b><br><b>November 2, 2021-March 22, 2022</b> <ul style="list-style-type: none"><li>• One class per month</li></ul> | <p>Classes will meet online. A meeting link will be sent out to registered participants prior to the start of the program.</p> <p>Once COVID-19 restrictions are lifted classes will resume in person at the <b>Prince George's County Health Department, located at 9314 Piscataway Road, Clinton, MD 20735</b></p> |

### REGISTER NOW

**Call:** 301-856-9643

**Email:** WellnessInfo@co.pg.md.us

**PREVENT T2**



**HEALTH  
DEPARTMENT**  
Prince George's County

