

Stop diabetes in its tracks



What is HALT? An online diabetes prevention program with 26 tailored sessions for people at risk for type 2 diabetes. HALT encourages sustained engagement through trained lifestyle coaches and group support.

This program is designed for adult learners that need a more flexible schedule to participate.

(Weekly video sessions are posted each Monday.)



Access Anytime Anywhere

The program can be accessed through a smart phone, computer or tablet. Participants can complete lessons at their own pace.



Mobile Tracking

Provides visual accountability for exercise, hunger levels, stress levels, sleep, portion sizes, food and drink intake.



Community

Participants are assigned their own Lifestyle Coach to help support them on their journey. Additional support may be provided by connecting with other participants enrolled.

REGISTER NOW!

Classes start Monday, July 11, 2022 and end Monday, July 10, 2023

For more information:

Call: (301) 856-9465 Email: Wellnessinfo@co.pg.md.us

