

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?

Individuals 18 and older diagnosed with prediabetes, overweight, have prediabetes risk factors, or have blood-test levels indicated below:

- Hemoglobin A1c: 5.7-6.4
- Oral Glucose Tolerance Test: 140-199 mg/dl
- Fasting Glucose Test: 100-125 mg/dl
- **Prediabetes Risk Test: Score 5 or higher**

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
<p>March 2022 - February 2023</p> <ul style="list-style-type: none">• Two class offerings: Tuesday or <p>• Time: 6:00 pm to 7:00 pm (on Tuesdays) or 12:00 pm to 1:00 pm (on Thursdays)</p> <p>• This YEAR-long program consists of a total of three consecutive phases</p>	<p>PHASE 1 March 15 or 17, 2022 to July 5 or 7, 2022</p> <ul style="list-style-type: none">• One class a week <p>PHASE 2 July 19 or 21, 2022 to Aug 30 or Sept 1, 2022</p> <ul style="list-style-type: none">• One class every two weeks <p>PHASE 3 Sept 27 or 29, 2022 to Feb 14 or 16, 2023</p> <ul style="list-style-type: none">• One class per month	<p>Classes will meet online. A meeting link will be sent out to registered participants prior to the start of the program.</p> <p>PREVENT T2 </p>

REGISTER NOW

Call: 301-856-9643

Email: WellnessInfo@co.pg.md.us



**HEALTH
DEPARTMENT**
Prince George's County

