

# 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
<b>June 2022 - May 2023</b> <ul style="list-style-type: none"><li>• Classes offered: Tuesday</li><li>• Time: 5:00 pm to 6:00 pm (Tuesdays)</li><li>• This <b>YEAR</b>-long program consists of a total of three consecutive phases</li></ul>	<b>PHASE 1</b> <b>June 21, 2022 to October 11, 2022</b> <ul style="list-style-type: none"><li>• One class a week</li></ul> <b>PHASE 2</b> <b>October 25, 2022 to December 6, 2022</b> <ul style="list-style-type: none"><li>• One class every two weeks</li></ul> <b>PHASE 3</b> <b>January 3, 2023 to May 23, 2023</b> <ul style="list-style-type: none"><li>• One class per month</li></ul>	Classes will meet online. A meeting link will be sent out to registered participants prior to the start of the program.  

### REGISTER NOW

**Call:** 301-856-9643

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



**HEALTH**  
DEPARTMENT  
Prince George's County

