

# Stop diabetes in its tracks

# HALT

diabetes

## Health And Lifestyle Training



**What is HALT?** Halt is a year-long online Health and Lifestyle Training (HALT) for people at risk for type 2 diabetes. During the program, a live coach will be available by text, phone, or video chat to support you on your journey to better health.

**The program is designed for adults that need a flexible schedule to participate.**

(Weekly video sessions are posted each Monday.)

## REGISTER NOW!

**Information Session: Monday, March 25, 2024 at noon**  
**Classes start Monday, April 1, 2024 and end March 31, 2025**

For more information:

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



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