

# 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** or low-cost 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
- Receive 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>May 2024-April 2025</b> <ul style="list-style-type: none"><li>• Classes offered: Tuesdays</li><li>• Time: 2:00pm to 3:00pm (Tuesdays)</li><li>• This <b>YEAR</b>-long program consists of a total of three consecutive phases</li></ul>	<b>PHASE 1</b> <b>May 14, 2024 to August 25, 2024</b> <ul style="list-style-type: none"><li>• One class a week</li></ul> <b>PHASE 2</b> <b>September 10, 2024 to October 22, 2024</b> <ul style="list-style-type: none"><li>• One class every two weeks</li></ul> <b>PHASE 3</b> <b>November 19, 2024 to April 8, 2025</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

