

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 is a CDC-recognized lifestyle change program designed to help people who are pre-diabetic *cut their risk in half* for developing type 2 diabetes.

This program is also known as the **National Diabetes Prevention Program** (NDPP).

Why Participate?

Prevent T2 participants who *lost 5-7% of their current weight* and *added 20 minutes of physical activity per day* cut their risk of developing type 2 diabetes by up to 58%

Prevent T2 also helps **lower your risk of having a heart attack or stroke**, **increases your energy level**, **improves your over-all health**, and even **reverse your prediabetes diagnosis**.

How do I know if I am at risk?

Go to the link below and complete the self-assessment.

<https://www.cdc.gov/diabetes/risktest/index.html>

What can I do about it?

ENROLL IN A FREE VIRTUAL (via ZOOM) CLASS SERIES TODAY!

CHANGING HABITS TAKES TIME!

Prevent T2 is a year-long commitment starting on March 10th

Classes are WEEKLY March – May, 2X a MONTH June – Sept; 1X a MONTH Oct- Dec

Two classes are available for you to join:

Wednesdays from 7:30 – 8:30 am

Wednesdays from 4:00 – 5:00 pm

Contact Donna Johnson for more information: donna.johnson@waynecap.org

Register ON-LINE: <https://www.waynecountyconnection.org/events>