The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

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#### Space is limited— Call today!

Frederick County Health Department 350 Montevue Lane Frederick, MD 21702

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**PreventT2 for FCPS Employees!** 

Join us at orientation:

Frederick County Public Schools
Central Office, Conference Room 5A
191 South East Street
Frederick, MD 21701
Thursday, March 2, 2017
4:15 pm

Language interpretation and bus vouchers are available.

Interpretación de idiomas y bonos de autobus están disponibles.

# You Can Prevent Type 2 Diabetes with the PreventT2 Program







## PREVENT TYPE 2 DIABETES WITH THE PreventT2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.



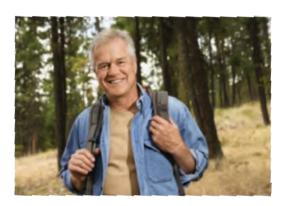
The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

### **→ WITH PreventT2 YOU GET:**

- A proven program to prevent or delay type 2 diabetes
- A trained lifestyle coach to guide and encourage you
- The skills you need to lose weight, be more physically active, and manage stress
- A <u>year-long program</u> with weekly meetings for the first 6 months, then once or twice a month for the second 6 months.
- Support from other participants with the same goals as you and fun!



#### Make a Change-Start Today!



1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.

» Take the "Do I Have Prediabetes?" online quiz at:

#### www.DolHavePrediabetes.org.

If your score shows you are at high risk for prediabetes, contact our program!

Join the PreventT2 program- so you can keep doing the things you love!