

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!

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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



PREVENTT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

➔ 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 **year-long program 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!
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➔ 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!