

Prevent Type 2 Diabetes

1 out of 3 American adults has prediabetes. If you have prediabetes or other risk factors for type 2 diabetes, you can make changes now to improve your health and prevent type 2 diabetes. Join the **Prevent T2 Lifestyle Change Program**—so you can keep doing the things you love.



Every Thursday beginning,
October 17, 2019

5:30pm-6:30pm

Program Fee: \$5.00

Harnett County Health Department
307 W Cornelius Harnett Blvd
Lillington, NC

The **Prevent T2 lifestyle change program** can help you lose weight, become more physically active, and reduce stress. With Prevent T2, you get:

- A year-long program with weekly meetings for the first 4 months, every other week for 2 months, then once a month for the second 6 months to maintain healthy lifestyle changes.
- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- Support from others like you as you learn new skills

For more information or to register please call:

Belinda Rayner, Public Health Educator
Harnett County Department of Public Health
910-814-6196

Registration Deadline: Monday, October 14th

