

# PreventT2

## Diabetes Prevention Program

Prevent or delay Type 2 Diabetes! 

The Harnett County Health Department's FREE PreventT2 Lifestyle Change Program offers a chance to prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle.

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

With PreventT2, you get:

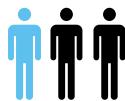
- A year-long program with weekly meetings for the first 4 months, every other week for 2 months, then once a month for the second 6 months to maintain healthy lifestyle changes.
- A proven program to prevent or delay type 2 diabetes
- Support from others like you as you learn new skills

Every Monday starting

**MARCH 2, 2026**  
**4:30–5:30PM**

**Harnett County Health Department**  
307 W Cornelius Harnett Blvd  
Lillington, NC 27546



**1 in 3 Americans  
has prediabetes.** 

Take the CDC Prediabetes Risk Test to learn if you may qualify!



Must be eligible to enroll.  
Scan for details and view  
2026-27 cohort schedule!



 [www.harnett.org/health](http://www.harnett.org/health)

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