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 or delay type 2 diabetes. Join the Harnett County Health Department’s Prevent T2 Lifestyle Change Program!

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: Belinda Rayner, 910-814-6196