

PREVENT TYPE 2 DIABETES

Register for the Prevent T2 Program

WHAT IS IT?

The **Prevent T2 Program** is a lifestyle change program that has been recognized by the Centers for Disease Control and Prevention as being proven to prevent or delay type 2 diabetes.

WHO SHOULD REGISTER?

People with prediabetes or other risk factors for type 2 diabetes. Risk factors include:

- 45 years of age or older
- Overweight
- Family history of type 2 diabetes
- Physically active fewer than 3 times per week
- History of diabetes while pregnant (gestational diabetes) or have given birth to a baby that weighed more than nine pounds

BENEFITS

- A **FREE** year-long program
- Learn how to eat healthy without giving up all of your favorite foods
- Learn how to lose weight, be more physically active and manage stress
- Having a trained lifestyle coach to keep you on track and motivated
- Support from other participants with the same goals as you, lots of fun and participation giveaways!

SCHEDULE	MEETING	LOCATION
March 2020 to March 2021 <ul style="list-style-type: none">• Every Tuesday• This YEAR-long program consists of a total of three consecutive phases	PHASE 1 March 3, 2020 to June 16, 2020 <ul style="list-style-type: none">• One class a week PHASE 2 June 30, 2020 to August 11, 2020 <ul style="list-style-type: none">• One class every two weeks PHASE 3 September 8, 2020 to March 2, 2021 <ul style="list-style-type: none">• One class per month	PRINCE GEORGE'S COUNTY GOVERNMENT 1400 McCormick Drive Suite 139, Training Room 2 Largo, MD 20774 PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT D. Leonard Dyer Regional Health Center 9314 Piscataway Road, Auditorium Clinton, MD 20735 Clinton Class: 3:00 pm - 4:00 pm

REGISTER NOW

Online Registration: tinyurl.com/preventT2

Largo Class: 301-856-9465 | **Clinton Class:** 301-856-9643

Email: WellnessInfo@co.pg.md.us

Website: health.mypgc.us/preventT2

PREVENT T2



HEALTH DEPARTMENT
Prince George's County



Disclaimer: In the event of inclement weather, classes will be cancelled. Program participants will receive either a call or email letting them know when classes will resume.