



## Why do I PreventT2?

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.**



Are you at risk for prediabetes? Scan this QR code to take a short risk assessment.

*My wife and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.*

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 CDC-approved curriculum and trained lifestyle coach
- 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 others like you as you learn new skills

***Join the PreventT2 program — so you can keep doing the things you love***

This FREE year-long PreventT2 program will start on Saturday, April 24 at 10:00 am. If interested in participating, please contact Deb Lehr, RN, Meritus Community Health Education and Outreach Coordinator at [Deborah.Lehr@MeritusHealth.com](mailto:Deborah.Lehr@MeritusHealth.com) or call 301-790-8626.

