Why do I PreventT2?

I love being out in my garden. So when my doctor told me I had prediabetes, **I knew preventing type 2 diabetes had to become a priority.**

I joined PreventT2, a program proven to prevent or delay type 2 diabetes. It taught me to make changes to live a healthier life.

My PreventT2 lifestyle coach was always there for me. The other participants were great — they all understood what I was going through. And the CDC-approved curriculum taught me how to lose weight, be more physically active, and reduce stress. My doctor said it's making a difference. **I plan to stay healthy for a long time so I can keep doing what I love. You can do it, too — with PreventT2.**

Call or visit us on the web today. **[Program URL and Phone Number]**

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LOCAL AFFILIATE LOGO

ORGANIZATION LOGO

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