



# 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.

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.**

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.

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**CALL OR VISIT US ON THE WEB TODAY.**

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**PREVENTT2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PreventT2 IS PART OF THE  
**NATIONAL DIABETES  
PREVENTION PROGRAM**  
LED BY THE CENTERS FOR DISEASE  
CONTROL AND PREVENTION (CDC)