

Join PreventT2 Today!

Wednesday, June 2nd, 2021

Patient Navigation Department

THE NATIONAL DIABETES PREVENTION PROGRAM

IF YOU HAVE PREDIABETES OR ARE AT RISK FOR TYPE 2 DIABETES,
THERE IS SOMETHING YOU CAN DO.

Join PreventT2 — a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- A **CDC-approved curriculum**
- Weekly **sessions with a trained lifestyle coach** to help you lose weight, eat healthier, be more physically active, and manage stress
- **Support from others** like you

For the reasons that are important to you, join PreventT2.



Contact Argelia Infante, CLC
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**Patient Navigation
Department**

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PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

