

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 is a CDC recognized program by the National Diabetes Prevention Program (NDPP) to help individuals delay or lower their risk of developing Type 2 Diabetes.

Place: Redington-Fairview General Hospital

Date: Tuesday's from **June 4, 2024 - June 3, 2025**

Time: 3:00pm - 4:00pm

Cost: Free!

What do I get when I sign up for this program?

- Support and guidance from a trained Lifestyle Coach
- Access to a 1-Year (12 months) program
- Support from other participants

How do I know if I qualify?

- Your doctor can help you find out if you have prediabetes or are at risk for type 2 diabetes
- You can also take a free risk-test at www.doihaveprediabetes.org

CHANCE
TO CUT
YOUR
RISK IN
HALF!

SUPPORT
TO LOSE
5-7%
BODY
WEIGHT

150
MINUTES
OF
ACTIVITY A
WEEK

Registration Deadline: Friday, May 24, 2024

TO SIGN-UP, PLEASE CONTACT:

Brittney Dunphy, Community Health Educator
(207) 858-2318 | bdunphy@rfgh.net

