

You Can Prevent Type 2 Diabetes

with the
PreventT2 Program



The PreventT2 Program Reduces Your Risk of Type 2 Diabetes

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 lifestyle change program can help!

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes in half.

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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.

Contact 563.244.3539 for more information or to sign up.



1 out of 3

American adults has prediabetes

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

**Start Date:
November
2018**



PreventT2 Program Meeting Schedule

November 2018 - November 2019

WEDNESDAYS 7:00AM - 8:00AM | YWCA COLONIAL ROOM

DATE	SESSION #	SESSION NAME	LIFESTYLE COACH
Nov. 28, 2018	1	Introduction	BOTH
Dec. 5, 2018	2	Get Active	Andrea
Dec. 12, 2018	3	Track Your Activity	Andrea
Dec. 19, 2018	4	Eat Well	April
Jan. 9, 2019	5	Track Your Food	April
Jan. 16, 2019	6	Get More Active	Andrea
Jan. 23, 2019	7	Burn More Calories/Than Take In	April
Feb. 6, 2019	8	Shop & Cook	April
Feb. 13, 2019	9	Manage Stress	Andrea
Feb. 20, 2019	10	Keep Your Heart Healthy	April
March 6, 2019	11	Cope with Triggers	Andrea
March 20, 2019	12	Find Time For Fitness	Andrea
April 10, 2019	13	Take Charge Of Your Thoughts	Andrea
April 24, 2019	14	Get Support	April
May 8, 2019	15	Eat Well Away From Home	April
May 22, 2019	16	Stay Motivated to Prevent T2	Andrea
June 12, 2019	17	When Weight Loss Stalls	April
June 26, 2019	18	Stay Active to Prevent T2	Andrea
July 10, 2019	19	Stay Active Away From Home	Andrea
Aug. 14, 2019	21	More About T2	April
Sept. 11, 2019	22	More About Carbs	April
Oct. 9, 2019	23	Get Enough Sleep	Andrea
Nov. 6, 2019	24	Get Back on Track	April
Dec. 4, 2019	25	Prevent T2 – FOR LIFE!	BOTH