



## You Can Prevent Type 2 Diabetes with the PreventT2 Program

The Northeast PA Area Health Education Center (NEPA AHEC) provides the Diabetes Prevention Program, PreventT2 lifestyle change program for **FREE** to participants.

### 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

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). As part of a PreventT2 group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. PreventT2 is a year-long program with [weekly meetings for the first 4 months](#), then [meetings once or twice a month for the second 6 months](#) to help you maintain your healthy lifestyle changes.



By meeting with others who have prediabetes you can celebrate each other's successes and work together to overcome obstacles.

**Lifestyle change is possible with the right support.**

Call/Text **570-209-9644**

or

Email us at [info@ecneahec.org](mailto:info@ecneahec.org) with any questions or for information on our next session date and time.

**New groups are forming near you.**

