

PreventT2

Diabetes Prevention Program

Prevent or delay Type 2 Diabetes! >

The Harnett County Health Department's FREE PreventT2 Lifestyle Change Program offers a chance to prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle.

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:

- A year-long program with weekly meetings for the first 4 months, every other week for 2 months, then once a month for the second 6 months to maintain healthy lifestyle changes.
- A proven program to prevent or delay type 2 diabetes
- Support from others like you as you learn new skills

Every Monday starting

MARCH 2, 2026

4:30-5:30PM

Harnett County Health Department

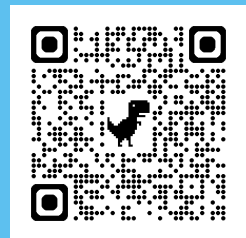
307 W Cornelius Harnett Blvd

Lillington, NC 27546




Must be eligible to enroll.


*Scan for details and view
2026-27 cohort schedule!*



 www.harnett.org/health

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 **Harnett County Health Dept**
307 W Cornelius Harnett
Blvd, Lillington, NC 27546



**1 in 3 Americans
has prediabetes.** 

Take the CDC Prediabetes Risk
Test to learn if you may qualify!

 **Harnett**
C O U N T Y
HEALTH DEPARTMENT