

# 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**

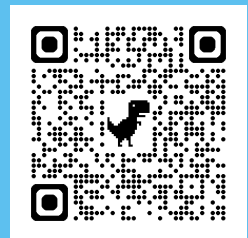
307 W Cornelius Harnett Blvd

Lillington, NC 27546




**Must be eligible to enroll.**


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



 [www.harnett.org/health](http://www.harnett.org/health)

 (910) 814-6198

 [spatrick@harnett.org](mailto:spatrick@harnett.org)

 **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!



# 2026-27 Class Schedule



**PreventT2 Diabetes  
Prevention Program**  
Mondays 4:30-5:30pm

## WEEKLY

- **Monday, March 02, 2026** — Session 1: Introduction to the Program
- **Monday, March 09, 2026** — Session 2: Get Active to Prevent Type 2
- **Monday, March 16, 2026** — Session 3: Track Your Activity
- **Monday, March 23, 2026** — Session 4: Eat Well to Prevent Type 2
- **Monday, March 30, 2026** — Session 5: Track Your Food
- **Monday, April 06, 2026** — Session 6: Get More Active
- **Monday, April 13, 2026** — Session 7: Energy In, Energy Out
- **Monday, April 20, 2026** — Session 8: Eating to Support Your Health Goals
- **Monday, April 27, 2026** — Session 9: Manage Stress
- **Monday, May 04, 2026** — Session 10: Eat Well Away From Home
- **Monday, May 11, 2026** — Session 11: Managing Triggers
- *~Break for Memorial Day~*
- **Monday, May 25, 2026** — Session 12: Stay Active to Prevent Type 2
- **Monday, June 01, 2026** — Session 13: Take Charge of Your Thoughts
- **Monday, June 08, 2026** — Session 14: Get Back on Track
- **Monday, June 15, 2026** — Session 15: Get Support
- **Monday, June 22, 2026** — Session 16: When Weight Loss Stalls

## BI-WEEKLY

- **Monday, July 06, 2026** — Session 17: Take a Movement Break
- **Monday, July 20, 2026** — Session 18: Keep Your Heart Healthy
- **Monday, August 03, 2026** — Session 19: Shop and Cook to Prevent Type 2
- **Monday, August 17, 2026** — Session 20: Stay Motivated to Prevent Type 2

## MONTHLY

- **Monday, September 21, 2026** — Session 21: Find Time for Physical Activity
- **Monday, October 19, 2026** — Session 22: Get Enough Sleep
- **Monday, November 16, 2026** — Session 23: Stay Active Away From Home
- **Monday, December 14, 2026** — Session 24: More About Type 2
- **Monday, January 11, 2027** — Session 25: More About Carbs
- **Monday, February 15, 2027** — Session 26: Prevent Type 2 for Life!

*Proposed 2026-27 schedule. Dates are tentative and may shift.*