



# You can prevent or delay Type 2 Diabetes with the **PREVENT T2 PROGRAM**

If you have prediabetes or other risk factors for type 2 diabetes, you can make changes now to improve your health and prevent or delay type 2 diabetes. Join the [Harnett County Health Department's Prevent T2 Lifestyle Change Program!](#)

Every Thursday beginning,  
**April 4, 2024**

**5:30pm-6:30pm**

**Governmental Complex-Commons Area**  
309 W Cornelius Harnett Blvd Lillington, NC

The **Prevent T2** lifestyle change program can help you lose weight, become more physically active, and reduce stress. With **Prevent T2**, 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

## **For more information:**

Belinda Rayner, Public Health Educator II  
910-814-6196

**Register by Monday, April 1<sup>st</sup>**



**Harnett**  
COUNTY  
HEALTH DEPARTMENT