



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

1 out of 3 American adults has prediabetes. 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!**

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
- A CDC-approved curriculum and trained lifestyle coach
- Support from others like you as you learn new skills

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Harnett
COUNTY
HEALTH DEPARTMENT