

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

January 2020 Class Schedule:

Wednesdays at 11:30 am @ Lebanon Senior Center (710 Maple Street)-Begins January 8
Mondays at 4:00pm @ WellSpan Good Samaritan Hospital (252 S. 4th Street)-Begins February 24
Thursdays at 6:00pm @ Covenant United Methodist Church (346 N. 9th Street)-Begins January 23*

**Class is in Spanish*

**Have you ever been told
by a healthcare
professional that you:**

- Are at risk for getting diabetes?
- Have a BMI over 25?
- Have borderline diabetes?
- Have a high blood sugar or glucose?
- Had gestational diabetes?
- Have a family member with diabetes?

**You May be at a high risk
of type 2 diabetes, but
there is something you
can do about it.**

The Centers for Disease Control and Prevention's diabetes prevention program, Prevent T2© can help you make a change for life.

This program will help participants learn how to change their lifestyle to prevent type 2 diabetes. Participants will learn to make changes in eating habits, increase physical activity and reduce stress in one's daily life.

Group meets for 16 weekly sessions and monthly follow up sessions with trained Lifestyle Coaches.

**Sign up today for this FREE
program and make a change
for life!**

Find out how to enroll by
contacting:

Lebanon Family Health Services
615 Cumberland St.

Lebanon, PA 17064

(717) 273-6741 ext. 310

holly@lebanonfamilyhealth.org



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