Take Charge of Your Health

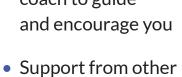
Diabetes Prevention Program!

If you have prediabetes or other risk factors for Type 2 diabetes, the **Prevent T2** lifestyle change program can help!



- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide
- participants with the same goals as you

This yearlong program meets weekly for 16 weeks, then bi-weekly, and then monthly.



To learn more, scan the QR code below, email **DPPCCCS@ccalbany.org** or visit us at www.carecoordinationcc.org











www.carecoordinationcc.org