

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!

THE FREE PROGRAM OFFERS:

- A CDC-approved curriculum
- A trained lifestyle coach to guide and encourage you
- The skills you need to lose weight, be more physically active, and manage stress
- Support from other 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 DPPCCCCS@ccalbany.org or visit us at www.carecoordinationcc.org



www.carecoordinationcc.org