



Enroll now!  
Classes Start  
September  
6th  
5.30 - 6.30pm

## WHY PREVENT TYPE 2 DIABETES?

1 out of 3 American adults has prediabetes. If you have prediabetes you can make changes now to improve your health and prevent type 2 diabetes.

### T2 Diabetes Class - take back control of your health

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress

#### With PreventT2, you get:

- A proven program to prevent or delay type 2 diabetes •
- A CDC-approved curriculum and trained lifestyle coach •
- AA year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months •
- Support from others like you as you learn new skills

Join the PreventT2 program — so you can keep doing the things you love

**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Call to register today:  
860 352 2333

Visit our web site:  
[www.fvhd.org](http://www.fvhd.org)

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