



# Why do I PreventT2?

My husband and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

## → PREVENT TYPE 2 DIABETES WITH THE PreventT2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

### WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you — and fun
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

### Eligibility:

- ✓ 18 years or older BMI  $\geq 24$  kg/m<sup>2</sup> ( $\geq 22$  if Asian)
- ✓ No previous diagnosis of type 1 or type 2 diabetes
- ✓ Diagnosis of prediabetes within the past year or GDM based on (check one or more)
  - HbA1C: 5.7%–6.4%
  - Fasting plasma glucose: 100–125 mg/dL
  - 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
  - Previous diagnosis of GDM (may be self-reported)

1 out of 3 American adults has prediabetes.

If you have prediabetes, you can make **LIFESTYLE CHANGES** now to **IMPROVE** your health and **PREVENT** type 2 diabetes.

**Lowcountry Senior Center is offering the PreventT2 program on Wednesdays from 2:30-3:30 pm starting October 10, 2018**

**Fee: LSC Members and Guests of Any Age 18 & Over \$50**

*Fee can be paid in total at time of registration, or \$10 at registration and \$40 payable over the first 6 months*

**Register in advance online at [www.lowcountryseniorcenter.org](http://www.lowcountryseniorcenter.org) or at the center: 865 Riverland Drive, James Island**

