

**If you have prediabetes
or are at risk for type 2
diabetes, there is
something you can do.**

Join **Prevent T2**- a lifestyle change program proven to prevent or delay type 2 diabetes, offered for **FREE!** It includes:

- A **CDC-approved curriculum**
- **Weekly sessions with a trained lifestyle coach** to help you lose weight, eat healthier, be more physically active, and manage stress
- **Support from others** like you

- **Call the Eastern Shore Area Health Education Center @ 410-221-2600**
- **Visit us on the web @ esahec.org/dpp**
- **Or scan the code to learn more**



Why do we Prevent T2?

Because we want to live a long, happy life, preventing type 2 diabetes is a priority



In-Person Program
Greater New Hope Church & Ministries
4514 Preston Rd, Preston, MD

April 28th, 2025
5:00pm- 6:00pm

Contact:
Michelle Hammond & Karen Taylor

410-253-6937