

# Do you have Prediabetes?

**Join Prevent T2 – A lifestyle change program recognized to prevent or delay Type 2 Diabetes.**

**Class starts March 31<sup>st</sup>.**

- Learn to eat healthier, be more physically active, manage stress and lose weight.
- A year long program you can do right from your home. Classes will be held via Zoom so no need to leave your home!
- Weekly meetings for the first six months and monthly meetings for the second six months.
- People whose blood sugar levels are higher than target are more likely to have diabetes related problems.
- A lifestyle coach and nutritionist available to you all year round!
- Group support.



**For more information or to register for this FREE program**

Please call: 732-339-7772

***Space is limited.***

