

Looking to prevent or lower your risk of developing type 2 diabetes? Look no further!

PREVENT T2 DIABETES



**FREE 12-month
prediabetes program-
a combination of
weekly and monthly
sessions. Benefits of
participating include:**

- free tools to help monitor weight, blood pressure, eating and physical activity habits
- support from 2 trained lifestyle coaches and up to 15 participants with similar goals
- learning how to healthfully eat the foods you already love
- discovering how to get the most out of the physical activity you already get and how to get even more
- sharing stories, building new habits, and having fun!

Not sure you have prediabetes?

Take the test:

www.cdc.gov/prediabetes/takethetest



**Want to go directly to the UM Upper
Chesapeake Health Events calendar for
class dates/times?**

[https://www.umms.org/uch/
community/events](https://www.umms.org/uch/community/events)



Call 800-515-0044 for information on prediabetes, the Prevent T2 program or to register for a class. Registration is required.



COMMUNITY OUTREACH AND HEALTH IMPROVEMENT

1-800-515-0044 • umuch.org

