



ARE YOU AT RISK FOR TYPE 2 DIABETES?

Your risk INCREASES:

- As you AGE
- If you had GESTATIONAL diabetes
- If you have FAMILY HISTORY of diabetes
- If you have HIGH BLOOD PRESSURE
- If you are NOT REGULARLY PHYSICALLY ACTIVE
 - If you are OVERWEIGHT

What can YOU do about it?

Attend the **PREVENT T2 Information Session**
Monday November 14th
MARION PUBLIC LIBRARY from 5:00 – 6:00 pm

The program is ***FREE*** and all participants receive a workbook.

Prevent T2 is a *year-long* commitment starting SOON!

QUESTIONS??? Contact Donna J to get all your ANSWERS!!!

Email: donna.johnson@waynecap.org *** Telephone: (315) 333-4155 x3319

Prevent T2 (PT2) is also known as the *National Diabetes Prevention Program*.

PT2 is a CDC Recognized Lifestyle Change Program researched and *proven to reduce program participants' chances of developing Type 2 Diabetes*.

It is facilitated by trained coaches using an approved curriculum.

Prevent T2 is provided by:

Finger Lakes Community Action *A division of Wayne County Action Program, Inc.*

www.fingerlakescommunityaction.org