



## Diabetes Prevention Program - *PREVENT T2 DIABETES*



### Program Details

This 12-month **in-person** group program can help reduce your risk of developing diabetes. **Trained lifestyle coaches** will teach you skills to:

- lose weight and eat better
- become more physically active
- manage stress
- build new healthy habits

COULD YOU HAVE PREDIABETES?

TAKE THE TEST AT:

[www.cdc.gov/prediabetes/takethetest](http://www.cdc.gov/prediabetes/takethetest)



***OPEN TO ALL!***

**Thursdays**

**August 31, 2023 - August 1, 2024**

**5:30 p.m. - 6:30 p.m.**

**Bel Air United Methodist Church**

**21 Linwood Avenue**

**Bel Air, MD 21014**

***Learn how to prevent or lower your risk of TYPE 2 DIABETES. Please scan the QR code or call us at 1-800-515-0044 to register today!***

