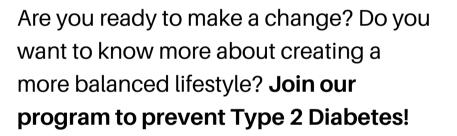


Join Our FREE PREVENT TYPE 2 DIABETES Program



DO YOU QUALIFY?

Participants must be **18 years or older and meet at least one qualification** below to join the program:

- BMI of 25 or greater
- Prediabetic
- History of Gestational Diabetes

KNOW YOUR RISK!

Take the CDC Prediabetes Risk Test to know your risk! Scan the QR Code or go to <u>https://bit.ly/cchddiabtest</u>.



DATES & TOPICS

All classes held at **Cleveland County Health Department, 9:45am-11:15am.**

Sept. 26 - Intro & Getting Active

Oct. 10 - Eating Well to Prevent T2

Oct. 24 - Healthy Shopping Hacks

Nov. 14 - Managing Stress

Nov. 26 - Let's Talk Carbs

Not able to attend every session? You can still join the Prevent T2 program!



CONTACT HALEY JONES AT 980-484-5138 OR HALEY.CHURCH@CLEVELANDCOUNTYNC.GOV

MORE INFO