

Join Our FREE PREVENT TYPE 2 DIABETES Program



Are you ready to make a change? Do you want to know more about creating a more balanced lifestyle? **Join our program to prevent Type 2 Diabetes!**

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 <https://bit.ly/cchddiabtest>.



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!

SIGN UP

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

MORE INFO