

PREVENT^{T2} DIABETES PREVENTION A TRULY LIFE-CHANGING PROGRAM

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

Certified DTTAC Lifestyle Coaches:
Chris Langei, Jennifer Oakland and Brenda Gjelsness

→ PREVENT TYPE 2 DIABETES WITH THE PreventT2 PROGRAM

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you — and fun
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months



SESSION 1: CORE PROGRAM

Program Fee: \$160.00
**Minimum 5 registered to offer*

Kick-Off Night: August 30 | 7:00-8:00pm
(Info / Registration Session)

CLASS DATES | Thursdays at 7:00-8:00pm
September 6, 13, 20, and 27, 2018
October 18 and 25, 2018
November 1, 8, 15, and 29, 2018
December 6, 13, and 20, 2018
January 3, 10, and 17, 2019 (end of first 16)

SESSION 2: FOLLOW-UP PROGRAM

Program Fee: \$100
**Minimum 5 registered to offer*

CLASS DATES | Thursdays at 7:00-8:00pm
January 31, 2019 May 9, 2019
February 14 & 28, 2019 June 6, 2019
March 14 & 28, 2019 July 11, 2019
April 4, 2019 August 8, 2019

CHOICE DIABETES PREVENTION PROGRAM REGISTRATION FORM

Name: _____
Address: _____

Phone: _____
City/St/zip: _____
Email: _____

MARK THE SESSION & CLASS YOU WISH TO PARTICIPATE IN:

SESSION ONE — CORE PROGRAM
____ AUG 30 - JAN 17 | THURS (7 pm) - \$160

SESSION TWO — FOLLOW-UP PROGRAM
____ JAN 31 - AUG 10 | THURS (7 pm) - \$100

PREVENT T2

DIABETES PREVENTION

A TRULY LIFE-CHANGING PROGRAM



AUGUST
30

Program Begins AUGUST 30

FACTS ABOUT PREDIABETES



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



If you have prediabetes, losing weight by:



can cut your risk of getting type 2 diabetes in **HALF**



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years



9 OUT OF 10 people with prediabetes do not know they have it

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES — See your doctor to get your blood sugar tested



JOIN A CDC-RECOGNIZED diabetes prevention program



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight



CHOICE HEALTH & FITNESS
REGISTER TODAY!
701.746.2790 | choicehf.com