

Now Online!

Change today for healthier future.

PREVENTT2

Online Diabetes Prevention Program



ONLINE SESSION STARTING

Thursday, June 10, 2021
5:30–6:30 p.m.

PREVENTT2 is a year long online program for people at risk of developing diabetes.

This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

YOU MAY BE AT RISK IF:

- You have a family member with diabetes *or*
- You carry extra weight *or*
- You exercise less than 30 minutes most days of the week *or*
- Your doctor said you have “pre-diabetes.”

GOALS OF THE PROGRAM:

- Reduce body weight by 5% to 7%
- Increase physical activity to 150 minutes per week

This program is for adults age 18 or older, who have not been diagnosed with diabetes.



Northern Counties
HEALTH CARE



Choosing Health

NORTHEASTERN VERMONT
REGIONAL HOSPITAL

FOR INFORMATION...

For information on the **PREVENTT2** online program, contact Jen Grant:

802-748-9405, ext 1026
jennifergr@nchcv.org

Or complete and mail this form to
Jen Grant, NCHC
165 Sherman Dr., St Johnsbury, VT 05819

PREVENTT2

A **FREE ONLINE** PROGRAM FOR PEOPLE WHO WANT TO PREVENT DIABETES

Contact me with details about the **PREVENT T2** online program.

NAME _____

ADDRESS _____

PHONE _____