



Prediabetes? I want to keep doing what I love so I'm making preventing type 2 diabetes a priority!

Sign up now for FREE Prevent T2

**Starting October 18, 2018
5:30pm-6:30pm
1441 Route 22, 2nd floor
Brewster, NY**

If you have prediabetes you can make changes now to improve your health and prevent or delay type 2 diabetes.

If you have prediabetes or are at risk for type 2 diabetes, there is something you can do.

- Prevent T2 is a lifestyle change program proven to prevent or delay type 2 diabetes and is part of the National Diabetes Prevention Program.
- A CDC approved curriculum offers a full year of support to reach your goals
- Weekly sessions with a trained lifestyle coach to help you lose weight, eat healthier, be more physically active and manage stress
- Support from others with the same goals as you

Call or visit us on the web today for information on this free program in Putnam County

Visit the webpage below to check your risk factors, learn your BMI and your eligibility for prevent T2

www.putnamils.org/diabetes-prevention-program

845.228.7457 ext. 1110



**Putnam Independent Living Services
1441 Route 22
Brewster, NY 10509**



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