

Prevent Type 2 Diabetes with Prevent T2

The **Prevent T2** lifestyle change intervention can help you make lasting changes to reduce your risk of type 2 diabetes. The Bluegrass Area Agency on Aging & Independent Living is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention.

With the **Prevent T2** intervention, you will receive at no charge:

- * 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

You may have prediabetes and be at a risk for Type 2 Diabetes if you:

- * Are 45 years of age or older
- * Are overweight
- * Have a family history of Type 2 Diabetes
- * Are physically active fewer than 3 times per week
- * Have had diabetes while pregnant (gestational diabetes) or gave birth to a baby weighing more than 9 pounds

Prevent T2 will be offered at no cost in your community beginning:

Tuesday, July 11, 2017, from 5:30pm – 6:30pm
At the Woodford County Library
115 North Main Street; Versailles KY 40383

For questions or to register contact: Lydia Jacobs @ ljacobs@bgadd.org; 859-269-8021 or www.bgaaail.com