

WAUKEGAN TOWNSHIP, PATRICIA A. JONES CENTER



DIABETES PREVENTION PROGRAM

PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

AgeGuide
NORTHEASTERN ILLINOIS

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:

- A proven program to prevent or delay type 2 diabetes
- A year-long program with weekly meetings for the first 3 months, then bi-weekly meetings for 3 months, and monthly meetings for the last 6 months
- Support from others like you as you learn new skills



ADULTS IN THE UNITED STATES HAS PREDIABETES

LIFESTYLE COACHING | SUPPORT GROUP | EDUCATION



TO REGISTER OR FOR MORE INFO CALL
Cheri Pierson-White at 847-244-4900



PATRICIA A. JONES CENTER
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MARC L. JONES, WAUKEGAN TOWNSHIP SUPERVISOR

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