

Change today for healthier future.

PREVENTT2

A Diabetes Prevention Program



PREVENTT2 is a year long 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 group is for adults age 18 or older, who have not been diagnosed with diabetes.



Choosing Health

NORTHEASTERN VERMONT
REGIONAL HOSPITAL



FOR INFORMATION...

For information on the **PREVENTT2** program, contact Pam Smart at

802 748-7395

Or complete and mail this form to
Pam Smart, NVRH

PO Box 905, St Johnsbury, VT 05819

PREVENTT2

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

NAME _____

ADDRESS _____

PHONE _____

If you speak another language, language assistance services, free of charge, are available to you. Ask for assistance.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Demandez de l'aide.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Pedir ayuda.

