

# **You can prevent Type 2 Diabetes**

## **We have a FREE lifestyle change program**

**Call 800-200-2229**

**enroll in Group Classes or Individual Sessions**



### **COULD YOU HAVE PREDIABETES?**

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

## **Free Information Session to see if this program is right for you!**

**Date: June 6** (call for additional program dates)

**Time: 7 to 8 pm**

**Location: Doylestown Hospital** (595 West State Street - Conference Room G)

**This comprehensive program meets at Doylestown Hospital at 7pm weekly for 6 months, then once a month for the following 6 months.**

**Option 2 - Individual Private Sessions using video conferencing**

**The Entire One Year Program is Free to ALL Participants!**

**1 out of 3**

**U.S. adults are prediabetic**



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

PreventT2 Lifestyle Change Program enrollment is based on the following eligibility criteria:

- 18 years or older BMI  $\geq 24$  kg/m<sup>2</sup>
- No previous diagnosis of type 2 diabetes
- Diagnosis of prediabetes within the past year or GDM based on the following:
  - \*HbA1C : 5.7% - 6.4%
  - \*Fasting plasma glucose: 100-125 mg/dL
  - \*2-hour plasma glucose (after a 75gm glucose load): 140-199 mg/dL
  - \*Previous diagnosis of gestational diabetes mellitus

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[www.connect2wellness.com](http://www.connect2wellness.com)

