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Prevent Type 2 Diabetes

INTERACTIVE WORKSHOP

Program starts Thursday, May 24th || 1:45 p.m.-3:00 p.m.

WHAT?

This FREE Prevent T2 lifestyle program can help you lose weight, become more physically active and reduce stress.

WITH prevent T2 YOU GET :

A proven program to prevent or delay type 2 diabetes
A CDC approved curriculum and trained lifestyle coach
Support from other participants with the same goals as you
A year-long program with weekly meetings for the first 20 weeks then once or twice. monthly.

REQUIREMENTS FOR CLASS:

Must be at least 18 years old.

Be overweight.

Have no previous diagnosis of type 1 or type 2 diabetes.

For more requirements please visit :

www.putnamils.org/diabetes-prevention-program/



◆ Registration is required ◆

Call 845-225-8585 or go to www.kentlibrary.org to register.
Kent Library, 17 Sybil's Crossing, Kent Lakes, NY 10512