



***Prediabetes? I want to keep doing what I love so I'm making preventing type 2 diabetes a priority!***

**Sign up now for FREE Prevent T2**

**Starting October 25, 2018**

**10:50am-12noon**

**1441 Route 22, 2nd floor  
Brewster, NY (rear parking lot)**

If you have prediabetes you can make changes now to improve your health and prevent or delay type 2 diabetes.

If you have *prediabetes* or are *at risk for type 2 diabetes*, there is something you can do.

- Prevent T2 is a lifestyle change program proven to prevent or delay type 2 diabetes and is part of the National Diabetes Prevention Program.
- A CDC approved curriculum
- Weekly sessions with a trained lifestyle coach to help you lose weight, eat healthier, be more physically active and manage stress
- Support from others with the same goals as you

**Call or visit us on the web today for information on this free program in Putnam County**

**Visit our website to check your risk factors, learn your BMI and your eligibility for prevent T2**

**[www.putnamils.org/diabetes-prevention-program](http://www.putnamils.org/diabetes-prevention-program)**

**845.228.7457 ext. 1110**



**Putnam Independent Living Services  
1441 Route 22  
Brewster, NY 10509**



**an program**