

# PREVENT T2 FOR ALL



## *Are You at Risk for Diabetes?*

Prevent T2 For All is an inclusive diabetes prevention program for individuals looking to make lifestyle changes. This year-long program will provide tips, strategies, and resources to help participants prevent or delay the onset of diabetes. Topics covered include healthy eating and physical activity for weight loss and stress management.

### CLASS DETAILS

- Year-long program
- Free
- Limited space for participants
- Classes will meet in the Wet Classroom every Tuesday from 12-1 PM starting March 26<sup>th</sup>

### CLASS ELIGIBILITY

- Be a Lakeshore member
- Be at least 18 years old
- Be overweight (body mass index  $\geq 25$ )
- Have no previous diagnosis of Type 1 or Type 2 diabetes
- Have a blood test result in the pre-diabetes range within the past year of **one** of the following:
  - Hemoglobin A1C: 5.7%–6.4% **or**
  - Fasting plasma glucose: 100–125 mg/dL **or**
  - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL **or**
  - Be previously diagnosed with gestational diabetes
- Talk to your health care provider if you're not sure you meet these criteria

***Deadline to register is Friday, March 22<sup>nd</sup>, 2019.***

To register or for additional questions, please contact  
Rebecca Cline at [rebeccac@lakeshore.org](mailto:rebeccac@lakeshore.org) or 205-313-7420