

Now Online!

Change today for healthier future.

# PREVENTT2

## Online Diabetes Prevention Program



### ONLINE SESSION STARTING

Thursday, June 10, 2021  
5:30–6:30 p.m.

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



Northern Counties  
HEALTH CARE



Choosing Health

NORTHEASTERN VERMONT  
REGIONAL HOSPITAL

## FOR INFORMATION...

For information on the **PREVENTT2** online program, contact Jen Grant:

**802-748-9405, ext 1026**  
jennifergr@nchcv.org

Or complete and mail this form to  
Jen Grant, NCHC  
165 Sherman Dr., St Johnsbury, VT 05819

## PREVENTT2

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

Contact me with details about the **PREVENT T2** online program.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_