



**Do you have
pre-diabetes or
are at risk?**

FREE
Prevent T2:
Diabetes Prevention
Program

Online

Starts Sept. 25th

Weekly on Wednesdays 11 am - 12 noon



**Scan the code to find
out if you are at risk**

- Caretakers welcome
- Workshop materials provided

Registration required:

Visit MyHealthyVT.org or contact
Jen Leithead to register
jleithead@nchsi.org
802-334-3208



**MY HEALTHY
VERMONT**