

Are you at Risk of Type 2 Diabetes?

You can prevent type 2 diabetes
with **Prevent T2** lifestyle change program!

This **FREE** 16 week workshop has been proven to prevent or delay type 2 diabetes. Individuals learn skills to make lasting lifestyle changes, including healthy eating, adding physical activity to their lives, how to manage stress, and how to stay motivated.



Now offering two classes

ALBION LOCATION

WHEN: *Wednesday Mornings* beginning September 26th, 2018

WHERE: Orleans County Health Department - 14012 NY-31, Albion, NY 14411

TIME: 9:00AM - 10:00AM

*******THESE CLASSES ARE FREE*******

MEDINA LOCATION

WHEN: *Thursday Evenings* beginning September 27th, 2018

WHERE: Orleans Community Health's Community Partners (Medina Memorial Hospital)
200 Ohio Street (Sun Room) Medina, NY 14103

TIME: 6:00PM - 7:00PM



To register, please call (585) 798-9541 or
email NDPP@orleanscountyny.gov



Last Revision Date: 08/01/2018



Why do I Prevent T2?

Because 1 out of 3 American adults have pre-diabetes and I can make changes now to improve my health and PREVENT type 2 diabetes.

This is a year-long structured program (in-person group) consisting of an initial six-month phase offering 16 sessions over 24 weeks then a second six-month phase offering at least one session a month.

The goal for each participant is to lose $\geq 5\%$ of body weight* by progressively reducing dietary intake of calories and fat through improved food choices, to gradually increase moderate physical activity to ≥ 150 minutes per week and develop behavioral problem-solving and coping skills.

****Weight loss of 5% of body weight is 10 pounds for a person weighing 200 pounds***

Session 1 consists of the following modules; Program Overview, Introduction to the Program, Get Active to Prevent T2, Track Your Activity, Eat Well to Prevent T2, Track Your Food, Get More Active, Burn More Calories Than You Take In, Shop and Cook to Prevent T2, Manage Stress, Find Time for Fitness, Cope with Triggers, Keep Your Heart Healthy, Take Charge of Your Thoughts, Get Support, Eat Well Away from Home and Stay Motivated to Prevent T2.

Session 2 consists of the following modules; When Weight Loss Stalls, Take a Fitness Break, Stay Active to Prevent T2, Stay Active Away from Home, More About T2, More About Carbs, Have a Healthy Food You Enjoy, Get Enough Sleep, Get Back on Track and Prevent T2 for Life!