

You Can Prevent Type 2 Diabetes

with the PreventT2 Program



PreventT2 is Available in Your Community!

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 lifestyle change program can help!

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Matthew 25 Health and Dental Clinic provides this program **FREE** of charge. The class is open to the public — **you do not need to be a patient at Matthew 25** to participate. The class is led by facilitators who have been trained and certified by the American Medical Association. Because there is no cost to participate, no fees will be submitted to your insurance provider. You do not need to be covered by insurance to participate.

Classes starting soon!

**The next session begins Wednesday, June 5
2pm at Matthew 25 Health & Dental Clinic**

Contact us today to schedule or for more information:

Chrissy Stephan 260-426-3250 x203 cstephan@matthew25online.org



1/3

1 out of 3
American adults
has prediabetes

You may have prediabetes and be at risk for type 2 diabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Are physically active fewer than 3 times per week.
- BMI ≥ 25 kg/m² (≥ 23 if Asian)
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



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