



Lifestyle Change – Don't Do it Alone Diabetes Prevention Program



Are you at risk for prediabetes?

Using the QR code above, take a few minutes to complete the Prediabetes Risk Test to find out.

Are you ready to make lifestyle changes? Diabetes Prevention Program - In-Person

Being overweight and underactive puts you at risk for developing prediabetes and diabetes. Small weekly changes can reverse this.

Meritus Community Health is offering the National Diabetes Prevention Program – PreventT2 to help you meet your goals for better health and weight loss.

This **free** class has proven to decrease your risk of developing diabetes by over 50% once you complete the program!

Meet a lifestyle coach who will support you through this journey and help you better understand healthier eating, how to add physical activity and how to deal with stressors.

Information Session

When: Tuesday May 17, 2022 from 5:00 -6:00 p.m.

FREE program will begin May 24, 2022 5:00 - 6:00 p.m.
and will continue weekly for 16-18 sessions in the
first 6 months then monthly for 6 months.

Where: The sessions will be held at the location listed below:

Meritus Family Medicine Walnut Street
24 N. Walnut Street
Community Room, 1st Floor
Hagerstown, MD 21740
Free parking

For questions or to register, please call 301-790-8675: