

WHAT IF YOU OR SOMEONE YOU LOVE IS ON THE PATH TO DIABETES?

Then it's Time to PARTNER UP with Vibrant Health & Wellness Foundation to

Prevent Type 2 Diabetes

Why Sign Up for a Diabetes Prevention Program with a Partner?

No one knows you better than your family and close friends. When it comes to trying healthy foods, getting daily exercise, or reducing your stress level, having a partner can make a positive difference. Working together with a partner can help to keep you both on track and engaged. Plus, you can both lower your risk of developing type 2 diabetes.



What is PreventT2?

PreventT2, a diabetes prevention program, offers a free opportunity to participate in a yearlong program to help you, with a partner, make positive life changes, improve your health, and prevent type 2 diabetes.

What Does this Program Offer?

- Sessions with a certified lifestyle coach to help you and your partner eat healthier, be more physically active, and manage stress.
- Modules and activities to help you and your partner:
 - Add healthy habits into your daily routine!
 - Work through challenges together
 - Create shared goals!
 - Inspire each other to continue in the program!
- Additional support from others like you and your partner

Who Should Join?

Adults who are either:

- At risk for type 2 diabetes
- Have been told by their doctor that they have prediabetes

Invite your spouse, partner, parent, adult child, or good friend — anyone you are close to and who influences or shares your decisions about food and physical activity — to be your partner. Together, you and your partner will be active participants in the program. When people work together towards similar goals, they can experience greater success than when working on their own.

Interested in learning more? Contact:

Jasmin Winters or Greg Taylor 240-462-7983

Email: Info@VHWF.org Website: [Https://vhwf.org](https://vhwf.org)

PreventT2 Reduces Your Risk of Type 2 Diabetes

One in three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

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). It features an approach that is proven to prevent and delay type 2 diabetes.

Learn more:

<http://www.cdc.gov/preventt2>

