



How can I prevent type 2 diabetes?

I love being outdoors in Alaska. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

One out of three American adults has prediabetes.

If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.

The PreventT2 Diabetes Prevention Program is a lifestyle change program to help you lose weight, become more physically active and reduce stress.

With PreventT2, you get:

- A proven program to prevent or delay type 2 diabetes
- A trained mentor who leads each consultation
- A year-long program with weekly consultations with a mentor for the first six months, then once or twice a month for the second six months
- Support from others like you as you learn new skills

Join the PreventT2 program so you can keep doing the things you love.

This phone-based diabetes prevention program allows you to participate from home. You'll get a free digital scale to help you lose weight and prevent diabetes.

Join this exciting opportunity to participate for FREE.

For more information about how you can join, call or text Leslie Shallcross at 907-242-6138 or email her at lashallcross@alaska.edu.

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