

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 is a FREE year-long, CDC recognized program by the National Diabetes Prevention Program (NDPP) to help individuals delay or lower their risk of developing Type 2 Diabetes

DAY AND EVENING CLASSES AVAILABLE

Wednesday, January 31, 2024 1:00 pm - 2:00 pm

Thursday, February 15, 2024 6:00pm - 7:00pm

Calvert County Health Department, Prince Frederick

NEW VIRTUAL CLASS AVAILABLE

Tuesday, February 20, 2024 12:00-1:00pm

How do I know if I qualify?

- Have a pre-diabetic diagnosis
- Have elevated blood sugar
- Take our risk assessment test (use QR code or weblink):



CLASSES FORMING NOW

WAYS TO REGISTER:

Call 410-535-5400, X 514

Text "Register" to 443-624-9980

Use QR CODE

visit www.calverthealth.org

