

# PREVENT TYPE 2 DIABETES

## FREE Diabetes Prevention & Weight Loss Program

### What is PreventT2?

The PreventT2 Program is a lifestyle change program that is recognized by the Centers for Disease Control and Prevention (CDC) as being proven to prevent or delay type 2 diabetes. Participate in-person or virtually via Telehealth!

#### The lifestyle change program provides:



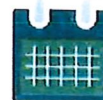
A trained  
lifestyle  
coach



CDC-approved  
curriculum



Group  
support



A full year of  
in-person or  
online meetings

**GIVEAWAYS  
& PRIZES!**

**HELP TO  
TRACK  
YOUR  
PROGRESS**

**FREE SCALE  
& MORE!**

**Participants  
will learn  
how to**



Eat healthy



Incorporate  
physical activity  
into their daily routine



Manage stress



Solve problems  
that get in the way  
of healthy changes

Register now by contacting Tamara Herman at [therman@medlinkga.org](mailto:therman@medlinkga.org)  
OR talk with your provider about a referral!

**NATIONAL  
DIABETES  
PREVENTION  
PROGRAM**

**PREVENTT2**

**MedLink**  
DIABETES EDUCATION



# **PREVENT T2** is a course designed for people with Pre-Diabetes, or

for those who are at risk for the development of Type 2 Diabetes. The **PREVENT T2** program will be held in the Wellness Building of the Demorest Senior Center. The Instructor for this course is Tamara S. Herman, who is a Registered & Licensed Dietitian and is Certified in Diabetes Care and Education. Sign up sheets will be left at the Senior Center as well as at the Medlink office in Demorest, or you may contact Tamara to register for the course for reducing your risk for developing Type 2 diabetes by email: [therman@medlinkga.org](mailto:therman@medlinkga.org) or call the Medlink office at 706-754-4348 Ext. 1348 to reserve your seat in the course. There is no charge for the course, however, Pre-Registration and participation are required to attend these sessions.

Date / Time	Module Name	Description
September 1, 2022 1:00	Introduction to the program	This module sets the stage for the entire PREVENT T2 Course
September 12, 2022 1:00	Get Active to Prevent T2	This module provides the core principles of getting active
September 26, 2022 1:00	Track Your Activity-	This module provides the core principles of tracking activity.
October 6, 2022 1:00	Eat Well to Prevent T2	This module provides the core principals of healthy eating.
October 10, 2022 1:00	Track Your Food	This module provides the core principals of tracking food.
October 24, 2022 1:00	Get More Active	This module provides the core principals of increasing activity levels.
November 3, 2022 1:00	Burn More Calories Than You Take In	This module provides the core principals of calorie balance.
November 7, 2022 1:00	Shop and Cook to Prevent T2	This module teaches participants how to buy and cook healthy.
November 21, 2022 1:00	Manage Stress	This module teaches participants how to reduce and deal with stress.
December 5, 2022 1:00	Find Time for Fitness	This module teaches participants how to find time to be active.
December 19, 2022 1:00	Cope with Triggers	This module teaches participants how to cope with triggers of unhealthy behaviors.
January 9, 2022 1:00	Keep Your Heart Healthy	This module teaches participants how to keep their heart healthy.



January 23, 2022 1:00	Take Charge of Your Thoughts	This module teaches participants how to replace harmful thoughts with helpful thoughts.
January 30, 2022 1:00	Get Support	This module teaches participants how to get support for their lifestyle.
February 13, 2022 1:00	Eat Well Away From Home	This module helps participants how to stay on track with their eating goals at restaurants and social events.
February 27, 2022 1:00	Stay Motivated to Prevent T2  <b>END of the FIRST 6 MONTHS!</b>	This module helps participants reflect on their progress and keep making positive changes over the next six months.
Marc 13, 2023 1:00	When Weight Loss Stalls	This module teaches participants how to start losing weight again when their weight loss slows down or stops.
April 10, 2023 1:00	Stay Active to Prevent Type 2	This module teaches participants how to cope with some challenges of staying active.
May 8, 2023 1:00	More About T2	This module gives participants a deeper understanding of type 2 diabetes
June 12, 2023 1:00	More About Carbs	This module gives participants a deeper understanding of carbohydrates.
July 10, 2023 1:00	Get Back on Track	This module teaches participants what to do when they get off track with their eating or fitness goals.
August 14, 2023 1:00	Prevent T2 – for Life!  <b>Graduation Certificates!</b>	This module helps participants reflect on their progress and keep making positive changes over the long term.

