



A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES.

An Equal Opportunity Institution

“Don’t Wait for a Diagnosis. Prevent It.”

With the PreventT2 lifestyle change program, you get:

- A proven program that can cut your risk of developing type 2 diabetes in half.
- Facilitated by a trained lifestyle coach.
- A year-long program with group meetings to offer support
- Support, tools and guidance to assist you in reaching your healthy lifestyle goals.

FREE

Tracey Saxton (FACS agent), Henry County Extension

Thursdays, Weekly

97 Lake Dow Road McDonough, GA 30252

5:30 PM to 6:30 PM

Interested?
Fill this out.



SCAN ME

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

If you need reasonable accommodation or language access services, contact the Henry County Extension Office at 770 - 228 - 8421 or tracey.saxton@uga.edu | smontero@henrycountyga.gov, at least three weeks prior to the program date.