Why do I PreventT2?

I want to spend as much time as I can with my daughter. So when my doctor told me I had prediabetes, I made preventing Type 2 diabetes a priority.

1 in 3 American Adults have prediabetes. You can make changes now to improve your health and prevent Type II Diabetes!

When: February 17th (program begins)
Where: AH Ismail Center
How: Give us a call today!
Program costs $550 (HSA funds accepted).

With the PreventT2 Program at the Ismail you get:
- A proven program to prevent or delay Type 2 Diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year long program w/ frequent recurring meetings
- Weekly exercise sessions lead by a trained exercise professional
- Annual Ismail Center membership and personalized exercise program
- A fitness assessment
- Support from other participants and your lifestyle coach

Call or visit us on the web today.

765-496-1015         purdue.edu/hhs/hk/ismail

PreventT2 is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC)