

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



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

Place: Center for Health and Wellness Community Classroom

Date: Cohort 2 September 1, 2026-July 2027

Phase 1: 16 weeks

Phase 2: 10 Weeks

Time: TUESDAYS 5pm-6pm

Cost: FREE!

WHAT DO I GET WHEN I SIGN UP FOR THIS PROGRAM?

- Support and guidance from a trained Lifestyle Coach
- Access to 12-month Program
- Support from other participants



HOW DO I QUALIFY?

- Physician Referral -Your doctor can help you find out if you have prediabetes or are at risk for Type 2 diabetes
- Prediabetes diagnosed through blood test (A1C) from Wellness Works. (Initial screening and follow-up required)

CUT YOUR RISK
IN HALF BY
LOWERING
YOUR A1C

SUPPORT TO
LOSE 5-7%
BODY WEIGHT

150 MINUTES
OF ACTIVITY A
WEEK

MCCH Pathway

To Prevention >>>



TO SIGN-UP, PLEASE CONTACT:

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