

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.

Where: Center for Health and Wellness
Community Classroom

When: Starting August 4th, 2026
Phase 1: 16 weeks
Tuesday from 5:00PM-6:00PM

Cost: FREE!

MCCH Pathway To Prevention

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

- Support and guidance from a trained Lifestyle Coach
- Access to 12-month Program (Phase 1/Phase 2)
- 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)

**REDUCE YOUR
RISK BY
LOWERING
YOUR A1C**

**SUPPORT TO
LOSE 5-7%
BODY WEIGHT**

**150 MINUTES
OF ACTIVITY A
WEEK**

Client Name: _____

Referring Clinic: _____

Last A1C: _____ **Date:** _____ **Initials** _____

TO SIGN-UP, PLEASE CONTACT:

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