

# 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 April 23rd, 2026  
Phase 1: 16 weeks  
Thursdays from 4:30PM-5:30PM

**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:

Elle Hendrix - Lifestyle Coach and Wellness Works Coordinator  
270-762-1832 mlhendrix@murrayhospital.org

