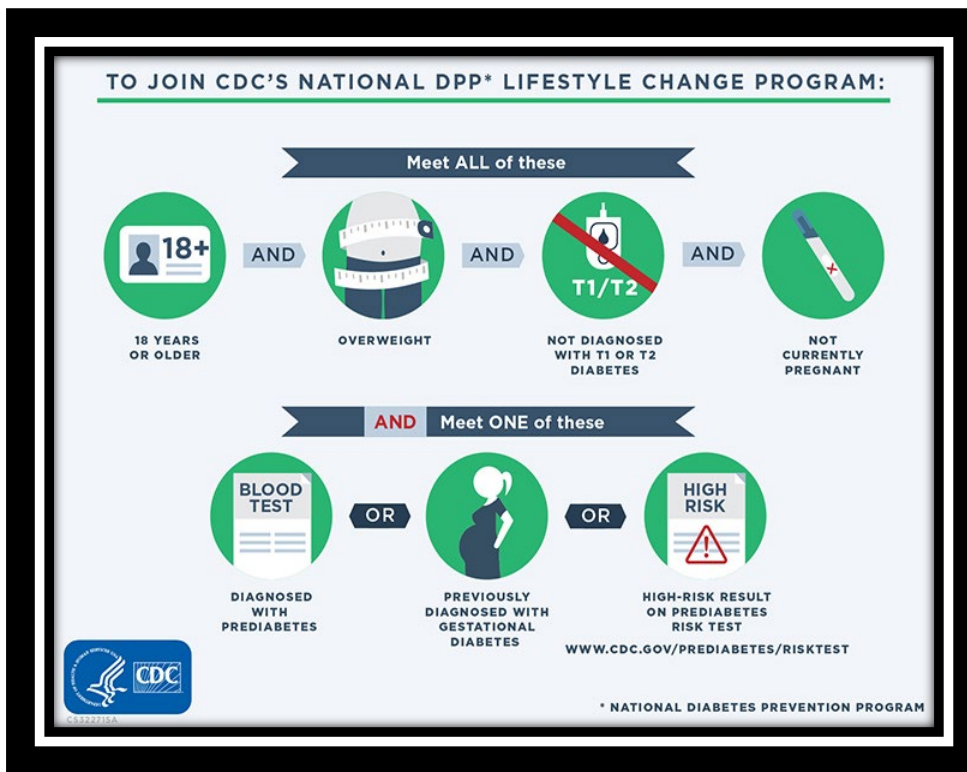


DO YOU MEET THE FOLLOWING CRITERIA?



The CDC's Prevent T2 curriculum is designed for those high risk for developing diabetes. (Risk can be assessed to the left)

This intensive lifestyle change program works on diet, physical activity, and coping mechanism changes to prevent diabetes.

Each session is led by trained lifestyle coaches who will help you learn new skills, set behavior goals, and keep you motivated.

IF SO, CONSIDER JOINING NJ EMPOWER TO PREVENT

A FREE VIRTUAL DIABETES PREVENTION PROGRAM

ON ZOOM!

17 (1-hr) Weekly Sessions to learn new skills!
(09/27/2022)

Followed by:

10 (1-hr) Maintenance Sessions to help you stay motivated and sustain positive changes! (01/17/2023)

Presented by Rutgers Cooperative Extension

Dept. of Family and Community Health Sciences

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3-7-22version 2 Diabetes Prevention and Control Program

FOR MORE INFORMATION,
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