Do you or someone you care for have prediabetes?

Join the

Prevent T2 EACH Program



More than
1 in 3 adults



in the U.S. have prediabetes, but most people don't know they have it.

About the Prevent T2 EACH Program

We're here to help! This is a year-long, group support program for people with prediabetes.

This program helps patients lower their risk through lifestyle changes.

Prediabetes means you are at a higher risk for diabetes, heart disease, and stroke.



Months
1-6 In the first phase of the program, participants meet weekly for 16 consecutive sessions with the same group at the same location and time.

Months
7-12 In the second phase of the program, groups meet less frequently – bi monthly or monthly.

EACH
at your service
Enhance Asian Community on Health, Inc.

Call 617 905 6329 to learn more or enroll today!