Do you or someone you care for have prediabetes?

Join the online (Zoom)

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.

Want to join?

English:

Start Date: August 7
Time: 7:30pm – 8:30pm
Every Monday evening on Zoom

Chinese Cantonese:

Start Date: September 5
Time: 10am – 11am
Every Tuesday morning on Zoom

***Participants will receive food vouchers and gift cards to**

Enhance Asian Community on Health
亞裔康泰福利会
EACH
at your service

Call 857-472-3224 to learn more or enroll today!

Do you or someone you care for have prediabetes?

Enhance Asian Community on Health

invites you to join us online for the

Prevent T2 Diabetes Program

(more information)



Prediabetes means that your blood sugar is higher than normal. Someone with an **A1C level of 5.7 to 6.4 or fasting blood sugar level of 100 to 125 mg/dL** has prediabetes. We'll help you learn more about these numbers.

More than 1 in 3 American adults has prediabetes, and 9 out of 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more likely to get:

- Diabetes
- Heart disease
- Stroke

Prevent T2 is a year-long program designed for people with prediabetes. It's also for people who are at high risk for type 2 diabetes and want to lower their risk.

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. If you are in an online program, the location is Zoom.

Months 7-12

In the second phase of the program, groups meet less frequently – bimonthly or monthly.

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Working together to improve the health of our communities