

VIRTUAL INFORMATION SESSION

# TYPE 2 DIABETES PREVENTION & LIFESTYLE CHANGE PROGRAM

Get more active, improve eating habits, stay motivated, and **LIVE A HEALTHIER LIFE!**

*Working together to prevent type-2 diabetes*

- Program overview and participant requirements
- Meet your Lifestyle Coach
- Enroll in the 12-month program starting on January 26, 2021

Check your risk for Prediabetes [here](#).

## *Information Sessions*

Tuesday, January 5th from 1PM - 2PM

Register [here](#)

**or**

Tuesday, January 12th from 6PM - 7PM

Register [here](#)

If you have any questions or need more information, please email Emilie at [edumbach@montcopa.org](mailto:edumbach@montcopa.org) or call 610-278-5117, ext. 6780.

NATIONAL  
DIABETES  
PREVENTION  
PROGRAM



Montgomery County  
Department of  
Health and Human Services