



**St. Joseph Hospital**  
Catholic Health Services  
At the heart of health



**Are you at Risk for Diabetes?**  
**Make a *Change for Life* by joining**

## **PREVENT T2**



### **A National Diabetes Prevention Program**

Lifestyle coaches help participants reach the following goals:

- Lose a minimum of 7% of body weight
- Increase physical activity to 150 minutes or more per week

### **LET'S GET STARTED!**

**St. Joseph Hospital offers *Prevent T2* classes**

**Tuesday evenings at 6pm**

**Receive education, support, and tools for one year**

Research showed that following this program reduced the risk of developing type 2 diabetes by 58%!

**If you have prediabetes or believe you are at risk for diabetes, you may be eligible for this program**

**Call the Diabetes Education Center at St. Joseph Hospital  
(516)520-2500 for more information or to enroll today!**