

Why do I PreventT2?

I love being out in my garden. So when my doctor told me I had prediabetes, **I knew preventing type 2 diabetes had to become a priority.**

I joined PreventT2, a program proven to prevent or delay type 2 diabetes. It taught me to make changes to live a healthier life.

My PreventT2 lifestyle coach was always there for me. The other participants were great — they all understood what I was going through. And the CDC-approved curriculum taught me how to lose weight, be more physically active, and reduce stress. My doctor said it's making a difference. **I plan to stay healthy for a long time so I can keep doing what I love. You can do it, too — with PreventT2.**

Call or visit our website today: www.oceanbeachhospital.com
Specialty Programs and Community Outreach

360-642-6308

Take The Prediabetes Risk Test | <https://DoIHavePrediabetes.org>

Now enrolling cohort starting January 9, 2024 Sessions to be held at Ilwaco Timberland Regional Library Community Room Tuesdays from 9:00am-10:00am



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