



Has your doctor asked you to exercise and lose weight because you are at risk of type 2 diabetes? Are you looking for ideas and ready to get started?

Sevier and Cocke County Health Department are inviting you to join the **'PreventT2' lifestyle change program** to cut your risk of getting type 2 diabetes in half. Our goal is to help you prevent type 2 diabetes by learning to identify ways you can make healthy choices with food & snacks and find ways of becoming more active each day.

You have an opportunity to participate with others, and with support provided by a trained lifestyle coach who will listen, and work with you personally. **Classes are once a week** and will be held **in-person** at LeConte Medical Center in their main classroom. Classes will be held each **Thursday from 5:30-6:30 p.m.** and will begin on **June 23, 2022.**

These **classes are offered free** to eligible participants. If you are at least 18 years of age, do not have a previous diagnosis of type 1 or type 2 diabetes, are overweight (with a BMI greater than 25) or an A1C between 5.7% and 6.4%, this program is meant for you. All that is required is a commitment of your time & motivation to improve your health. The **'PreventT2'** program lasts **six months to a year**. During that time, the lifestyle coach is available to provide continuous support as you learn. You will also get tips about how to **manage stress, stay motivated, and solve problems** that can slow your progress.

How do I enroll for the 'PreventT2' lifestyle change program? Contact **Pip Maas, RN**, via email (preventt2group@gmail.com) or Call/Text on **865 269 8250**. You can also email the Health Department directly for information using the contact details provided below.

If you have been looking for answers – we have a solution! If you are ready to get started, enroll today!



For more info please contact: Amber.Dotson@tn.gov – Sevier County Health Department
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