



Prevent T2 participants who **lost 5-7% of their current weight** and **added 20 minutes of physical activity per day** cut their risk of developing Type 2 diabetes by up to 58%

Prevent T2 also helps **lowers the risk of heart attack or stroke,**

### How do I determine my risk level?

Go to the link below and complete the self-assessment.

<https://www.cdc.gov/diabetes/risktest/index.html>

**If you are at a 5 or above, you are at risk!**

### What can I do about it?

**CLASSES ARE FREE, AND PRESENTED VIA ZOOM**

Prevent T2 is a year-long commitment for your health.

**Get started NOW!** **A new class is starting Wednesday., May 3 from 6:30-7:30pm**

**For more information, contact:**

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*A Division of Wayne County Action Program, Inc.*

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**YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:**

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

