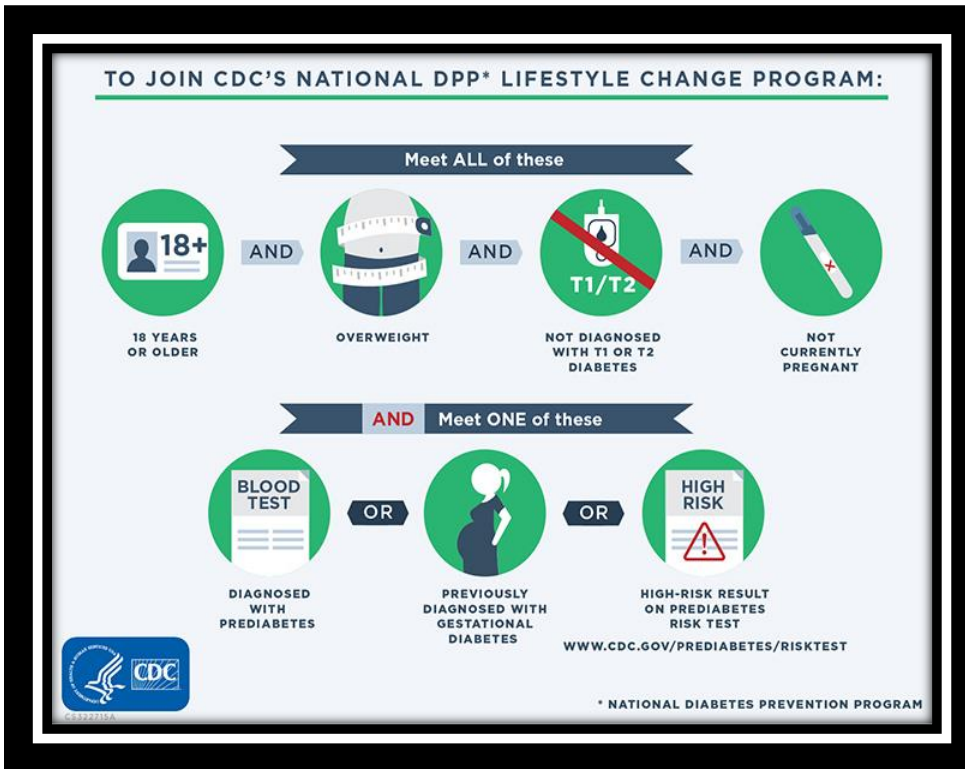


## DO YOU MEET THE FOLLOWING CRITERIA?



## IF SO, CONSIDER JOINING

## “NJ EMPOWER TO PREVENT”

# A VIRTUAL DIABETES PREVENTION PROGRAM ON ZOOM!

17 (1-hr) Weekly Sessions to learn new skills!

Followed by:

10 (1-hr) Maintenance Sessions to help you stay motivated and sustain positive changes!

Presented by Rutgers Cooperative Extension

Dept. of Family and Community Health Sciences

Funded by a grant from the NJ Dept. of Health-Diabetes Prevention and Control Program

The CDC's Prevent T2 curriculum is designed for those high risk for developing diabetes. (Risk can be assessed to the left)

This intensive lifestyle change program works on diet, physical activity, and coping mechanism changes to prevent diabetes.

Each session is led by trained lifestyle coaches who will help you learn new skills, set behavior goals, and keep you motivated.

FOR MORE INFORMATION, OR TO REGISTER CONTACT:

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