



# Why do I PreventT2?

Because I want to keep doing what I love, I am making preventing type 2 diabetes a priority.

**PREVENTT2**   
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PreventT2 IS PART OF THE  
**NATIONAL DIABETES  
PREVENTION PROGRAM** ★  
LED BY THE CENTERS FOR DISEASE  
CONTROL AND PREVENTION (CDC)

 ***FIT-TO-GO***

Ricky Martin  
(804) 878-0121

## IF YOU HAVE PREDIABETES OR ARE AT RISK FOR TYPE 2 DIABETES, THERE IS SOMETHING YOU CAN DO.

Join PreventT2 — a lifestyle change program proven to prevent or delay type 2 diabetes. It includes:

- A **CDC-approved curriculum**
- Weekly **sessions with a trained lifestyle coach** to help you lose weight, eat healthier, be more physically active, and manage stress
- **Support from others** like you

For the reasons that are important to you, join PreventT2.

**CALL OR VISIT US ON THE WEB TODAY.**

Fit To Go  
Rickym23227@gmail.com  
(804) 878-0121  
www.Fitnesscomes2you.com

This is a FREE program offered to residents of Hopewell and Petersburg. There are 10 FREE slots available so contact us soon.

Classes will be virtual  
Rickym23227@gmail.com  
(804) 878-0121



## Join PreventT2 Today!

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