



VIRTUAL ZOOM SESSIONS

WEDNESDAYS FROM 5-6PM

16 (1-hr) Weekly Sessions to learn new skills!

(Starting May 8, 2024)

Followed by:

10 (1-hr) Monthly Sessions to help you stay motivated and sustain positive changes! (August 2024-May 2025)

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 people with pre-diabetes, who are considered high risk for developing diabetes later in life.

This intensive lifestyle change program has been shown to reduce the risk of developing type 2 diabetes, through changes in 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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