My wife and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:
- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills

Join the PreventT2 program — so you can keep doing the things you love.

CALL OR VISIT US ON THE WEB TODAY. 843-343-7556

Coming to Hollywood PreventT2!
- A proven program to prevent or delay type 2 diabetes
- Meets weekly

PreventT2 is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC).

BEGIN: January 18 (Sat 10 am)
OR February 4 (Tues. 12:30)

Schroeder Community Center
Mt. Horace AME Church
<table>
<thead>
<tr>
<th>Location</th>
<th>Beginning Date</th>
<th>Days &amp; Times</th>
<th>Informational Session</th>
<th>Information/ Or to Register</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summerville: YMCA</strong></td>
<td>February 6</td>
<td>Thursdays 11AM-12PM</td>
<td>Individual intake</td>
<td>Celeste Kenerley&lt;br&gt;843-486-1472&lt;br&gt;<a href="mailto:communityhealth@summervilleYMCA.org">communityhealth@summervilleYMCA.org</a>&lt;br&gt;Note: YMCA membership included in cost.</td>
</tr>
<tr>
<td><strong>West Ashley:</strong>&lt;br&gt;Waring Senior Center</td>
<td>February 3</td>
<td>Mondays 11:00AM - 12:00PM</td>
<td>January 27 11:00AM</td>
<td>Waring Senior Center&lt;br&gt;843-402-1990&lt;br&gt;www.lowcountryseniorcenter.com/waring-senior-center</td>
</tr>
<tr>
<td><strong>James Island:</strong>&lt;br&gt;Lowcountry Senior Center</td>
<td>February 5</td>
<td>Wednesdays 12-1 PM</td>
<td>January 22, 2019 12PM</td>
<td>Lowcountry Senior Center&lt;br&gt;843-990-5555&lt;br&gt;www.lowcountryseniorcenter.com</td>
</tr>
<tr>
<td><strong>Hollywood:</strong>&lt;br&gt;Schroder Community Center</td>
<td>January 18</td>
<td>Saturdays 10AM-11PM</td>
<td>January 11 10 AM</td>
<td>Margaret Peck&lt;br&gt;843-343-7556&lt;br&gt;<a href="mailto:info@HealthyPlateCooking.com">info@HealthyPlateCooking.com</a></td>
</tr>
<tr>
<td><strong>Mt. Horr AME</strong>&lt;br&gt;Church</td>
<td>February 4</td>
<td>Tuesdays 12:30-1:30PM</td>
<td>January 21 &amp; 28 12:30PM</td>
<td>Margaret Peck&lt;br&gt;843-343-7556&lt;br&gt;<a href="mailto:info@HealthyPlateCooking.com">info@HealthyPlateCooking.com</a></td>
</tr>
</tbody>
</table>

**For more information:** [www.cdc.gov/preventT2](http://www.cdc.gov/preventT2)<br>**OR Call:** Access Health Tricounty 843-743-2777