

**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



**PREVENT T2 - CDC PROGRAM**

## **MCHENRY COUNTY DEPARTMENT OF HEALTH'S TYPE 2 DIABETES PREVENTION PROGRAM**



The Prevent T2 program is offered by McHenry County Dept. of Health at **NO COST** and runs for 1 year with a total of 22 classes. The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

## **COME AND LEARN MORE AT OUR OVERVIEW SESSIONS!**

To register to attend one of the following overview sessions please click on the date that works best for your schedule to reserve your spot today or visit [mcdh.info](http://mcdh.info) for more information:

Monday, May 2  
Wednesday, May 4

Monday, May 9  
Wednesday, May 11

**THE REGISTRATION DEADLINE IS APRIL 29, 2022**

### **CLASS DATES AND LOCATION**

**MONDAYS, BEGINNING  
MAY 16TH, 2022 6-7 PM**

**OR**

**WEDNESDAYS, BEGINNING  
MAY 18TH, 2022 6-7 PM**

**BOTH CLASSES WILL BE HELD AT  
MCHENRY COUNTY DEPARTMENT OF  
HEALTH**

**100 N. VIRGINIA STREET  
CRYSTAL LAKE, IL 60014**

**FOR MORE INFORMATION  
PLEASE CONTACT EMAIL  
CAROL WAGGONER, RN**

[cawaggoner@mchenrycountyil.gov](mailto:cawaggoner@mchenrycountyil.gov)

**OR**

**CALL  
CAROL  
WAGGONER  
AT  
815-  
334-4580**

**THE CLASS DATES AND SCHEDULES ARE ON THE BACK**

**SCHEDULE AND TOPICS ARE SUBJECT TO CHANGE  
PARTICIPANTS CAN ATTEND EITHER MONDAY OR WEDNESDAY**

<b>Mondays</b>	<b>Wednesdays</b>	<b>Topics</b>
May 16th	May 18th	Get Active
May 23rd	May 25th	Tracking Activity
May 30th	June 1st	NO CLASS
June 6th	June 8th	Eat Well to Prevent T2
June 13th	June 15th	Tracking Food
June 20th	June 22nd	MAKE UP CLASS
June 27th	June 29th	Get More Active
July 4th	July 6th	NO CLASS
July 11th	July 13th	Burn More Calories
July 18th	July 20th	Shop and Cook
July 25th	July 27th	MAKE UP CLASS
August 1st	August 3rd	NO CLASS
August 8th	August 10th	Manage Stress
August 15th	August 17th	Find Time for Fitness
August 22nd	August 24th	Cope with Triggers
August 29th	August 31st	MAKE UP CLASS
September 5th	September 7th	NO CLASS
September 12th	September 14th	Keep your Heart Healthy
September 19th	September 21st	Take Charge of your Thoughts
September 26th	September 28th	NO CLASS
October 3rd	October 5th	MAKE UP CLASS
October 10th	October 12th	Get Support
October 17th	October 19th	Eat Well Away from Home
October 24th	October 26th	Staying Motivated
November 14	November 16th	TBD
December 5th	December 7th	When Weight Loss Stalls
December 12th	December 14th	TBD
January 9th	January 12th	Stay Active to Prevent Type 2
February 6th	February 8th	Have Healthy Food you Enjoy
March 6th	March 8th	Get Back on Track
April 10th	April 12th	More About Type 2