



# Northeast PA Area Health Education Center

## Preventing T2 Diabetes

### What is prediabetes?

Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as Type 2 Diabetes.

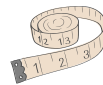
### Diagnosed with prediabetes? Now what?



Eat more vegetables, fruits and whole grains



Be more physically active each day

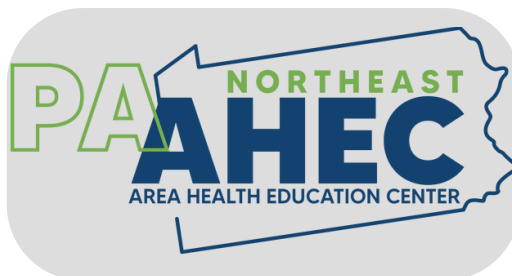


Lose between 5 percent and 7 percent of your total weight

Want guidance and support on how to make a lifestyle change? AHEC offers a free Diabetes Prevention Program that can help support you as you navigate making healthy changes to prevent T2 Diabetes.

Want to know more? We are hosting informational sessions on Thursday, **May 11th or 18th** at Loder Senior Center  
62 Analomink St. East Stroudsburg, PA 18301  
from **11:30am - 3pm**

Contact Carley Brock @ 570-290-2100 or [brockc@thewrightcenter.org](mailto:brockc@thewrightcenter.org)



[nepa-ahec.org](http://nepa-ahec.org)