

Prevent T2 2020

at Gothenburg Health



Prevent T2 (Type II) is a free, year-long course that focuses on lifestyle modifications to prevent or delay the onset of Type II diabetes.

Prevent T2 is targeted to individuals with pre-diabetes as well as family members and caretakers of those with pre-diabetes. The class is led by trained facilitators.

Prevent T2 is a year-long course taking place on the following dates, please call for times and additional details.

- January 16, 23, & 30
- February 6, 13, 20, & 27
- March 5 & 19
- April 2, 16, & 30
- May 14, & 28
- June 11, & 25
- July 9, & 23
- August 6, & 20
- September 3, & 17
- October 1, & 15
- November 5
- December 3

Please contact Shay Holbrook at (308) 537-1009
or Alisa Crown at (308) 537-4075 for more
information or to get registered.

