



# Stop Pre-Diabetes: Make ONE Resolution That Will Change Your Future in 2026

For last year's words belong to last year's language, and next year's words await another voice." – T.S. Eliot

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December is a month full of fun holiday traditions, family gatherings, and great food! While many of us prepare for the end of 2025, the New Year also holds much promise and the idea of resolutions for us. In 2025, 51% of the Americans who made resolutions desired to either eat healthier, exercise more, or lose weight. Many people do not know that making and keeping those three resolutions has also been proven to reduce the risk of developing type 2 diabetes.



## DID YOU KNOW?

One in three Americans do not know that they are living with prediabetes, the precursor for type 2 diabetes. The good news is that 2026 is another opportunity to make and KEEP those healthy resolutions.

The *Centers for Disease Control and Prevention (CDC)* has developed a year-long curriculum proven to reverse prediabetes and help participants lose weight, exercise more, and eat healthier called **PreventT2**, and [GrowWell TN](#) is proud to offer this class to rural West Tennesseans.

Hardeman County Community Health Center patients in Hardeman, Haywood and Chester counties have experienced success throughout 2025 in participating in the initial cohort of the PreventT2 class.



Overall, participants experienced a decrease in body mass index and increased their minutes of

# Proven Program with Dramatic Results

exercise from an average of 25 minutes to a whopping 325 minutes per week in the first 6 months of the program. Many of them initially felt like they had been "stuck" or "lost" when trying to incorporate easy, fun ways to make healthier choices.

*"Your present circumstances don't determine where you can go; they merely determine where you start." – Nido Qubein*

2026 is your opportunity to engage and participate in the upcoming cohort of the PreventT2 classes. Do not let your family history, present circumstances, or limited budget keep you from taking charge of your health in this program. It is FREE for participants to enroll, and you will receive all the materials and supplemental supplies to ensure your success throughout your enrollment. Additionally, you have the benefit of an experienced health coach and diabetes educator who is truly passionate about assisting patients to prevent type 2 diabetes.

Just review the following success story from a participant in the initial cohort of the PreventT2 classes.

*When I saw the PreventT2 advertisement at my local doctor's office, I was at a very low point in my life. I had been a caregiver for loved ones who had passed away, and I wasn't sleeping or eating well. Enrolling in this program was a Godsend for me. The class has helped me learn to take time for myself and ways to get moving. Before, I didn't want to walk or exercise, but now, my classmates and I encourage each other and celebrate when we*

*reach our goals. I didn't know how to plan meals and understand the effects that diet and exercise have on my glucose levels.*

*Initially, I also didn't know that it was a full year class, and I thought that I may just go to a few and get the information. But after the second week, I have not wanted to miss at all. I drive around 30 miles one way to attend the class because we are truly a family now. Overall, the PreventT2 program has helped with my outlook on life and energy level. I have new friends who I will miss terribly when the class is over. The PreventT2 program isn't just giving prizes and information on how to prevent diabetes, it has improved my life physically, emotionally, and mentally. I could not be more thankful for the opportunity to participate. When another class is offered, I hope to be able to be a part of it too.*

**To find out more information or to register to begin YOUR positive life change through PreventT2, click below:**

For more information or to register for PreventT2; [Click Here](#)

Those who sign up and attend the first session of the 2026 PreventT2 Program will receive a free welcome gift!

**Le Bonheur Community Outreach/GrowWell TN**

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