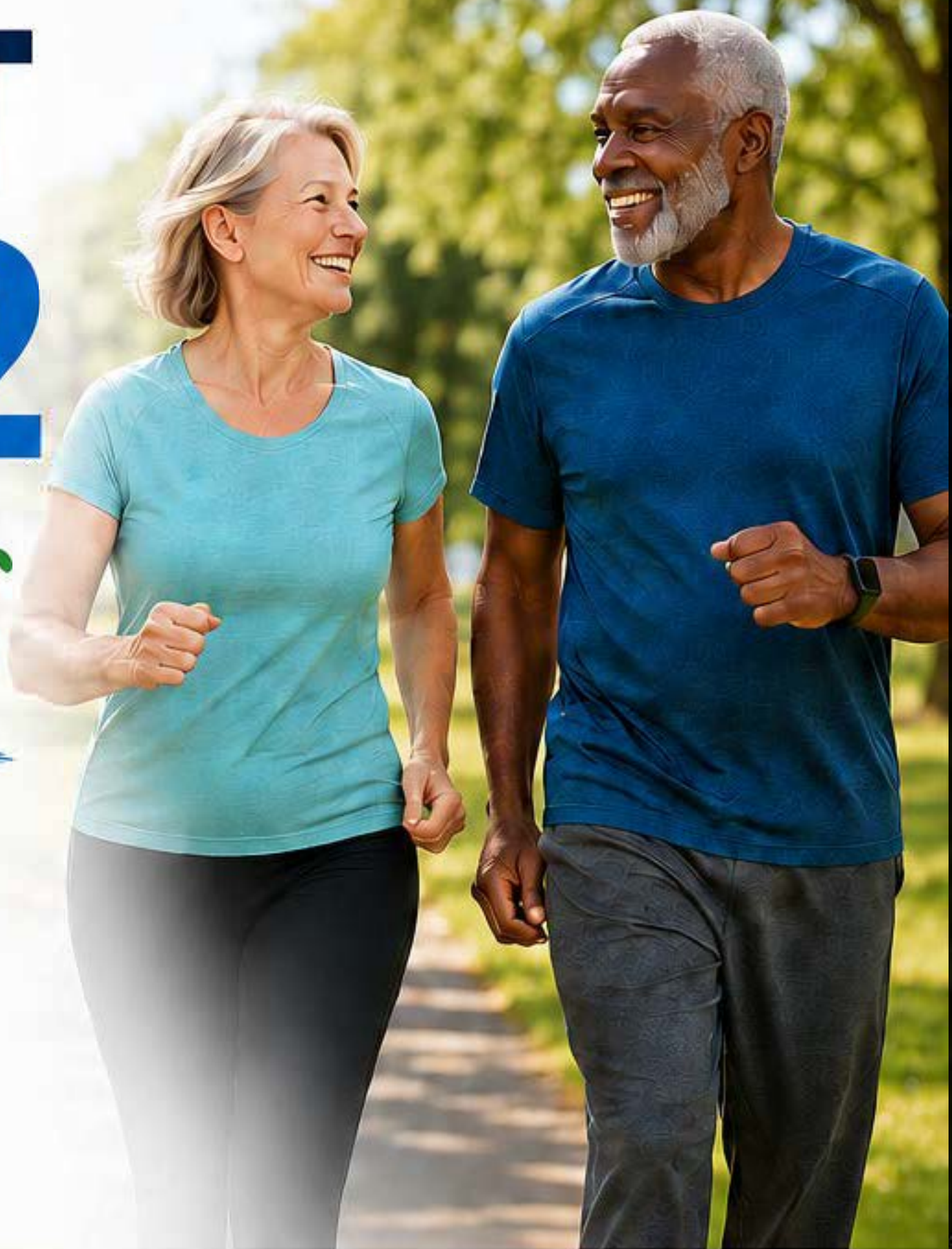


PREVENT TYPE 2 *Diabetes*

➤ **FREE** ➤

**LIFESTYLE CHANGE
PROGRAM AND SUPPORT**



**NEXT CLASS
BEGINNING
FALL 2026**



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The CDC's **Lifestyle Change Program** has proven to cut the risk for **Type 2 Diabetes** in half.



The SWOSU College of Pharmacy Rural Health Center **CDC-recognized Diabetes Prevention Program** has proudly offered **local opportunities** for **10 years**.



Come participate in a **small group** setting to **support** and sustain **behavior change**.



*Small changes.
Big impact.
Healthier you.
Stronger future.*



Learn more about the National Diabetes Prevention Program:

<https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/lifestyle-change-program-details.html>