



# Why do I PreventT2?

My husband and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

**1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.**

Join the PreventT2 program — so you can keep doing the things you love.

**Call to register at (503) 974-8887 or  
Visit us for a free diabetes screening  
on Monday or Thursday 3-7pm at  
Borland Free Clinic  
3550 SW Borland Rd.  
Tualatin, OR 97062**

(Located in the lower level of Rollinghills  
Community Church)

