



Do You Want to Help Your Neighbors Prevent or Delay Type 2 Diabetes?

The Food Bank of South Jersey will train you to be a certified Lifestyle Coach for the National Diabetes Prevention Program. Your role as a Lifestyle Coach is to help participants set goals, track their eating and activity, assess their progress, and solve problems. Along the way, you will collect data and report. The PreventT2 lifestyle change program can help participants gain the skills needed to make lasting changes such as losing weight, becoming more physically active, and managing stress.

Register for the training:
<https://bit.ly/PT2coach>



\$550.00/person

The 12-hour training includes:

- CDC-approved PreventT2 Lifestyle Coach training guide
- Digital copy of the participant guide
- Slide decks to assist you in teaching the class on your own
- Skills to help participants prevent type 2 diabetes



Questions? tyeo@foodbanksj.org 609-941-5699