Ready to Reset?

Join the UCCS team for an initial 12-week lifestyle reset program to help prevent Type 2 Diabetes and other chronic conditions while improving physical, mental, and social health.

Participants who are committed to making changes will have the opportunity to be supported for 1 year in areas including:

- Physical Activity
- Nutrition
- Stress Reduction

Click here to PREVENT T2D

Start Date: Sep. 13th, 2021
Time: 6:00 - 7:30 pm
Location: Virtual
Contact: thovenga@uccs.edu