



Ready to *Reset?*

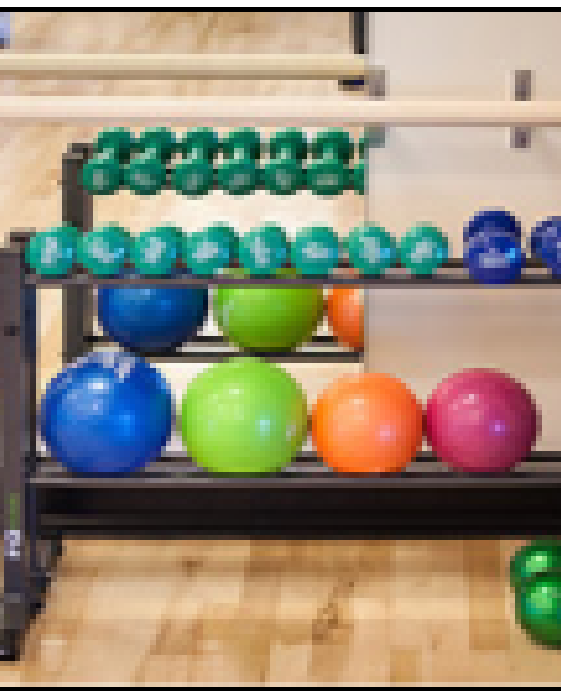
Join the UCCS team for an initial 12- week lifestyle reset program to help prevent Type 2 Diabetes and other chronic conditions while **improving physical, mental, and social health.**



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 T2](#) 



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