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I'm Jack, and I **prevent type 2 diabetes** for my family.

Take the step. You won't regret it.
I promise you, you're going to feel
much, much better. Your life will
change in a way that you always
hoped it would change.

— Jack Aponte

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Find out more about CDC's
National Diabetes Prevention
Program lifestyle change
program at
[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).



NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth
[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)