

DIABETES PREVENTION PROGRAM



Charlene Diehl, DPP Lifestyle Coach

The first step toward getting somewhere is to decide that you are not going to stay where you are.

-J.P. Morgan

I like this quote because it's positive, and like the DPP, it encourages starting with small steps to make lasting lifestyle changes. The DPP encourages weight loss and increased physical activity for an overall healthier life!

Are you at risk for Type 2 diabetes?
Visit beaumont.org/dpp to find out.

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