

DIABETES PREVENTION PROGRAM



Diane Taylor, DPP Lifestyle Coach

What I like about DPP:

Seeing the participants come up with the answers themselves on what will work best for them.

Many have tried diets in the past that weren't sustainable. Now incorporating small changes on a regular basis is.

A former participant felt she was able to better recover from COVID-19 because of the changes she had made with this program.

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

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