

# DIABETES PREVENTION PROGRAM



*Karen Firoz, DPP Lifestyle Coach*

**“We can live as we were meant to live- simply, joyously, of and on the earth. We can live with all our effort and of pure happiness.”**

**-Scott Jurek**

This quote means a lot to me, because it describes the feeling we can have when we are living our healthiest life. I enjoy helping the DPP participants on their journey to health and seeing their joy at reducing their risk for type 2 diabetes. I learn from my participants, and together we form a team for success!

Are you at risk for Type 2 diabetes?  
Visit [beaumont.org/dpp](https://beaumont.org/dpp) to find out.

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