

# DIABETES PREVENTION PROGRAM



*Kimberly Batko, DPP Lifestyle Coach*

I am proud to be part of the Diabetes Prevention Program through Beaumont. It is inspiring to see how lifestyle changes can help people live their best wellness. Proper nutrition, exercise, stress management, and behavioral changes often help more than just blood sugar levels. I love being able to provide the participants with the tools and support they need on their journey.

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

**Beaumont**