

DIABETES PREVENTION PROGRAM



I love seeing the way all the participants support each other. Whenever someone needs encouragement, they motivate each other and remind them of the amazing progress they've made so far.

The group support is invaluable for helping these participants make lasting changes to prevent type 2 diabetes. It helps them to see how other people have overcome their unique challenges to eat healthier and be more physically active. It's so rewarding to help guide them on their health journey to preventing type 2 diabetes and to see the progress they make every week!

Kirsten Moy, DPP Lifestyle Coach

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

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