

DIABETES PREVENTION PROGRAM



Ruth Ranks, DPP Lifestyle Coach

My mission as a lifestyle coach for the DPP is to help people to enjoy better health by supporting them as they make small but powerful lifestyle changes that are both sustainable and enjoyable. It is amazing to join in celebrating with participants as they see their efforts making a positive impact on their health and well being!

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

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