

DIABETES PREVENTION PROGRAM



Shiseida Beeler, DPP Lifestyle Coach

“What I enjoy most about being a DPP coach is encouraging and supporting the participants on their health journey. These are extraordinary individuals who are resilient and determined to learn new approaches and best practices to manage and improve their health. Each participant teaches me how to effectively coach, provide guidance and give support to them. The strength of our partnership empowers everyone to do their best and stay committed to making small health changes that have a positive impact long-term.”

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

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