

Are you at risk for diabetes?

Small changes CAN make a big difference.

The Diabetes Prevention Program has been proven twice as effective as medication alone in preventing Type 2 diabetes.

Learn to:

- Make lasting changes.
- Focus on healthy eating.
- Establish a healthy lifestyle.
- Be more active.
- Stay motivated.

Work with a lifestyle coach over the course of a year to meet your healthy eating and activity goals to prevent Type 2 diabetes.

58% of new cases can be prevented

1 out of 3 people have prediabetes

9 out of 10 people with prediabetes don't know they have it

FREE In-person class

Tuesdays 11 a.m.–noon

Neighborhood Club

March 12, 2024:

Informational session
(strongly encouraged)

17150 Waterloo

Grosse Pointe, MI 48230

(Boardroom - located on Floor 2)

March 19, 2024: Weekly sessions begin.



To register, scan the QR code, visit beaumont.org/dpp or call **800.633.7377**

You do not need a Corewell Health affiliated physician to participate.