

DIABETES PREVENTION PROGRAM



Valerie Page, DPP Lifestyle Coach

I love being a DPP Coach. Helping participants reach their healthy lifestyle change goals is so rewarding. I especially love when I hear feedback from them on how much the program has helped them reach their weight loss goal after they have tried various diets with no success. In the DPP, participants encourage and support one another and share recipes, tips for physical activity and weight loss. The "ah ha" moment- look on a participant's face when they have reached their goal- is **priceless**.

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

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