

# DIABETES PREVENTION PROGRAM



*Lisa Modzel, DPP Lifestyle Coach*

**"Two things that a person can control are their attitude and their effort." - Anonymous**

I believe incorporating these two elements into the DPP, having a positive attitude and putting in effort, you can achieve success. The DPP program gives you the tools and support to make this possible. As a DPP lifestyle coach, it is inspiring to see participants progress through the program, reaching their goals, and leading healthier lifestyles.

Are you at risk for Type 2 diabetes?  
Visit [beaumont.org/dpp](http://beaumont.org/dpp) to find out.

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