Family Diabetes Prevention Program

♥ Meet with a Registered Dietitian
♥ Create and implement plans to achieve your customized personal health goals
♥ Incentives are offered to encourage participation

The Diabetes Prevention Program is 16 weekly core sessions with 6 monthly maintenance sessions designed to support your lifestyle change goals. The class is evidenced-based to help participants lose 5-7% of body weight and keep it off.
Facilitated by a licensed lifestyle coach. Family participation is welcome and encouraged.
The DPP is a great way to get the whole family onto a healthy lifestyle path together.

Classes are one day a week
Every Tuesday, July 13th - Nov. 23rd
4:00pm - 5:00pm On Zoom
https://us02web.zoom.us/j/83701315671
MEETING ID: 837 0131 5672. ONE TAP MOBILE: 16699006833

For more information contact:
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