

Diabetes Programs and Services



These programs are offered at no cost to qualified participants.

Diabetes Prevention Program

A research-based program for those who want to **prevent Type 2 diabetes**. This program focuses on lifestyle changes related to **healthy eating, physical activity**, problem solving and coping skills. The Diabetes Prevention Program has been proven to be **twice as effective as medication alone** at preventing Type 2 diabetes. This program consists of 16 weekly sessions, followed by monthly maintenance sessions. Led by certified instructors.

Diabetes - PATH (Personal Action Toward Health)

Designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. Learn **problem-solving** techniques, ways to **communicate** better with your health care team, **balancing your blood sugar**, and how to **improve your overall health** and increase your energy. This program consists of 6 weekly sessions. Led by certified instructors.

Cooking Matters EXTRA for Diabetes™

Cooking Matters EXTRA for Diabetes provides specialized recipes and information for adults living with diabetes and their caregivers. This **hands-on workshop** discusses the link between **nutrition** and **health**, the affordability of healthy eating, healthy **meal planning** and cooking tips. **Free groceries** and **cookbooks** are included to practice new skills at home. This program consists of 6 weekly sessions. Led by trained culinary instructors and a registered dietitian.



For more information about the above workshops, please contact Alicia Jackson at Alicia.jackson@beaumont.org or 313-586-5488. Visit <https://www.beaumont.org/classes-events> for dates & locations. For information about other services for Diabetes please visit <https://www.beaumont.org/services/diabetes-services>