

# DIABETES PREVENTION PROGRAM (DPP) - VIRTUAL CLASSES



**1 out of 3** adults have prediabetes and **9 out of 10** with prediabetes don't even know they have it. Type 2 diabetes can be prevented.

Small changes can make a big difference in your health and helping you to prevent the development of Type 2 diabetes. The Diabetes Prevention Program is a research based program that focuses on lifestyle changes related to healthy eating, active living, problem solving and coping skills. This program is led by certified instructors who are lifestyle coaches that can give you the skills you need to make lasting, healthy lifestyle changes. The Diabetes Prevention Program has been proven twice as effective as medication alone in preventing Type 2 diabetes. This year-long program includes 16 virtual weekly sessions, followed by monthly maintenance sessions to help you better manage your health.

Participate from the safety and convenience of your own home.



## VIRTUAL SESSIONS NOW AVAILABLE



DAY	AVAILABLE COURSES	TIME
Thursdays	Aug. 11: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Aug. 25	6–7 p.m.
Wednesdays	Aug. 17: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Aug. 31	2–3 p.m.
Fridays	Aug. 26: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Sept. 9	noon to 1 p.m.
Tuesdays	Sept. 6: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Sept. 20	6 - 7 p.m.
Mondays	Sept. 12: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Sept. 26	6 - 7 p.m.
Wednesdays	Sept. 14: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Sept. 28	noon to 1 p.m.
Mondays	Sept. 26: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Oct. 10	noon to 1 p.m.
Tuesdays	Oct. 4: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Oct. 18	6 - 7 p.m.
Wednesdays	Oct. 12: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Oct. 26	6 - 7 p.m.
Thursdays	Oct. 13: Informational session ( <i>strongly encouraged</i> ) Weekly sessions begin Oct. 27	noon-1 p.m.



TO REGISTER FOR ONE OF THESE WORKSHOPS,  
Please call **800-633-7377** or visit [beaumont.org/dpp](http://beaumont.org/dpp)

