

DIABETES PREVENTION PROGRAM

1 out of 3

American adults has prediabetes. If you have prediabetes, you can still make healthy lifestyle choices to delay or prevent type 2 diabetes.

Why do I

PREVENT Diabetes?

My family is the joy of my life, and I want to be there for them as much as possible. So when my doctor told me I had prediabetes, I knew that preventing type 2 diabetes had to become a priority.

CALL OR EMAIL US
TODAY

 410-614-2701

 brancaticenter@jhmi.edu

The Diabetes Prevention Program helps you lose weight, stay active, manage stress, and improve your quality of life. With this program, you get:

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with regularly scheduled meetings
- Support from others like you as you learn new skills

No Out-Of-Pocket Cost For Most Participants
Want To Learn More? Follow The Link Below



hopkinsmedicine.org/dpep



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