



Why do I **PREVENT** Diabetes?

When my doctor told me I had prediabetes, I knew that finding time for self-care and preventing type 2 diabetes had to become a priority.

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 COSTS FOR MOST PARTICIPANTS

CALL OR EMAIL US TODAY  410-614-2701  brancaticenter@jhmi.edu

WANT TO LEARN MORE? FOLLOW THE LINK BELOW



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



hopkinsmedicine.org/dpep



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