

DIABETES PREVENTION PROGRAM



Susan Wallner, DPP Lifestyle Coach

“Do Something Today That Your Future Self Will Thank You For.” *-unknown*

When I was a participant in the program, I learned what lifestyle changes to make and why. It changed my life and I'm so thankful. As a Coach, being able to share the knowledge I learned and support others in their journey to prevent T2 diabetes has been an amazing full circle experience for me! Hearing about their wins and seeing their transformation inspires me to be better! I love being part of this program!

Are you at risk for Type 2 diabetes?
Visit beaumont.org/dpp to find out.

Beaumont