



STARTING SEPTEMBER

DIABETES PREVENTION PROGRAM

Two Cohorts:

Tuesdays, 6:30–7:30 pm - Starts 9/23

Thursdays, 6:00–7:00 pm - Starts 9/25

Reduce your risk!

The San Francisco Health Service System (SFHSS) and the YMCA are partnering to offer two Diabetes Prevention Programs (DPP).

This year-long program, developed by the Centers for Disease Control and Prevention (CDC), helps participants make lasting lifestyle changes, lose weight, improve overall health, and lower their risk of type 2 diabetes.

Program Features:

- Virtual program
- Attend 26 one-hour sessions over 12 months
- Work with a small group (8-16 people) led by a trained Lifestyle Coach
- Participation is voluntary and free
- For more information visit sfhss.org/dpp



Complete the [DPP interest form online](https://sfhss.org/dpp)

