San Francisco Health Network

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

Diabetes Prevention Program
SAN FRANCISCO HEALTH NETWORK

If you're at risk for type 2 diabetes, you can make small, measureable changes to reduce your risk and live a happier, healthier life. Change is tough – we can help!

Diabetes Prevention Program Features:

- 25 one-hour sessions delivered over 12 months
- A small-group, supportive environment (8-15 people)
- Led by a trained Lifestyle Coach
- YMCA membership not required to participate

Registration Required.
Contact us today!

YMCA's Diabetes Prevention Program 628-206-6381

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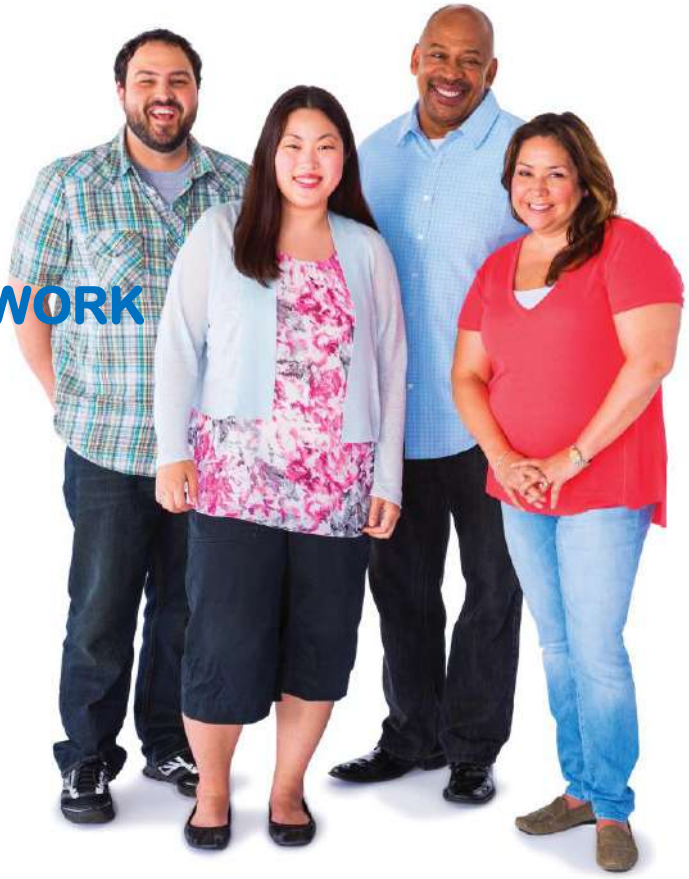

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