

FREE DIABETES PREVENTION PROGRAM

at
St. Charles Hospital

The Diabetes Prevention Program (DPP) is a proven way to prevent diabetes in people who have:

Prediabetes or
are at risk
for Diabetes

The program meets
one hour a week

**Wednesdays, March 14
through June 27
at St. Charles Hospital**

then once monthly for 7 months.

Learn how to improve food choices, increase physical activity, and learn coping skills to maintain weight loss.



St. Charles Hospital
Catholic Health Services
At the heart of health

