

Diabetes Prevention Program (DPP)



A CDC-recognized lifestyle change program where you'll learn, laugh, share stories, try new things, and build new habits—all while lowering your risk of type 2 diabetes and improving your health.

Location:

Mercy Outpatient Center

Community Health, 1st Floor
2740 M Street
Merced, CA 95340

2019 Program Start Date:

Thursday, May 30

10:00am

Some key components of the the program include:

- A lifestyle coach to help you learn new skills, encourage you to set and meet goals, and keep you motivated.
- A support group of people with similar goals and challenges.

There is no cost to attend this class, however registration is required. To register email Lillian.Sanchez@dignityhealth.org or call Mercy Health Education at 209.564.4384.

The Diabetes Prevention Program is not offered for people that have been diagnosed with diabetes.



Dignity Health.
Mercy Medical Center