

# 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](mailto: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