

A National Diabetes Prevention Program

- Are you 18 years or older?
- Does your family have a history of type 2 diabetes?
- Have you been diagnosed with pre-diabetes by a healthcare provider?
- Is your Body Mass Index (BMI) 25 or higher? (For Asian: Is your BMI 23 or higher?)
- Have you ever had gestational diabetes during pregnancy?

Through our program, we aim to help individuals lose a minimum of 5-7% of their body weight, increase their physical activity to at least 150 minutes per week:

- 16 weekly sessions followed by 6 monthly maintenance sessions
- Led by a trained lifestyle coach, you'll learn essential skills and habits to prevent diabetes, such as losing weight, increasing physical activity, and managing stress effectively.
- You'll also have the opportunity to connect with other like-minded participants who will provide motivation, encouragement, and support throughout the program.

Every Wednesday, 9AM – 10AM

Location: Chinese Hospital Gellert Health Services Conference Room

386 Gellert Blvd, Daly City, CA 94015

Phone: 1-628-228-2828