

Diabetes Prevention Program (DPP) Workshops

REDUCE YOUR RISK

You can reduce your risk of type 2 diabetes by nearly 60%! We'll show you how. This No Cost program offers a setting where participants work together in a small group along with lifestyle coaches to learn about healthier eating and more physical activity to help lower their risk of developing diabetes.

**ALL WORKSHOPS MEET
VIRTUALLY ONLINE
CALL US TO REGISTER
FOR A DATE & TIME TODAY**

 210-207-8802
 DiabetesHelpSA.com
 DiabetesProgram@sanantonio.gov



Classes Available

Tuesday

September 15, 2026
10:00 a.m. or 12:00 p.m.

Wednesday

September 16, 2026
12:00 p.m. or 6:00 p.m.

Thursday

September 17, 2026
10:00 a.m. or 6:00 p.m.



METRO HEALTH

