BIG REWARDS SMALL STEPS

Diabetes Prevention Program

San Francisco General Hospital

Are you worried about getting diabetes?
You can prevent it.

Let's take one small step at a time and let's work on it together.

Join us for the YMCA's Diabetes Prevention Program, a year long program where you'll learn about healthy eating, increasing physical activity and other behavior changes that can help you reduce your risk.

To participate you must be at least 18 years old, overweight, and at high risk for developing diabetes.

You may be at risk if you:

- Have prediabetes
- Had diabetes during pregnancy
- Have diabetes in your family
- Don't do regular exercise

Making lifestyle changes can bring big rewards. A lot can happen in one year.

For more information, contact Emily at 415-281-6702.

A collaboration between the YMCA of San Francisco, San Francisco Health Network, and Healthy Hearts SF

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