

IMPROVE YOUR HEALTH & WELLNESS THROUGH THE DIABETES PREVENTION PROGRAM



What is the Diabetes Prevention Program (DPP)?

- **Lifestyle management program** offered at no charge to Weis Markets customers by a **Registered Dietitian**
- This program helps you form and maintain **healthy habits** that:
 - Prevent or delay **type 2 diabetes**
 - Lower your risk of **heart disease**
- Additional benefits include:
 - Year-long education, not a “quick fix diet”
 - Promotes **exercise**, tips to **eat more healthily**, and **weight loss**
 - **No charge** to you through grant funding
- Participants must meet certain criteria to join program; see below.

For questions reach out to Emily.Santanna@weismarkets.com or 717-732-7830

When is DPP held?

- Program begins on **September 28th**
- Sessions will be held on **Mondays** at **Weis Markets Enola** Pub Room
- Occasional make-ups available

Scan the QR code or contact Emily to learn more:



Emily Santanna, M.Ed., RDN, LDN
Weis Regional Dietitian