



**Hooray!**  
**Enrollment to DCHHS  
Diabetes Prevention  
Program Classes is  
now open!**

**We** are pleased to announce that enrollment to our third year DPP classes is now open. Classes are expected to start January 2021. To learn more about the classes come to one of our informational sessions listed below:

**When:** Wednesday, November 4, 5:00 pm – 6:00 pm  
Tuesday, November 17, 4:00 pm – 5:00 pm  
Wednesday, December 2, 5:00 pm – 6:00 pm

**Where:** All informational sessions will be held virtually.

\*You will be sent a link to join the online informational session once you call or email to RSVP.

**About DCHHS DPP:**

The **DCHHS Diabetes Prevention Program** is a free program that focuses on making healthy lifestyle changes. Participants learn how to develop healthy eating habits, become more active, and cope with challenges. The program is part of the CDC’s National Diabetes Prevention Program. Participants meet weekly to discuss healthy lifestyle changes in a group format led by trained lifestyle coaches.

Come learn about type 2 diabetes risk factors, find out if you may be at risk, and **how the program can help you meet your fitness and weight loss goals, and prevent type 2 diabetes.**

**Hear success stories from past participants and learn how the program can help you!**

To RSVP or for more information call 214 478-6807 or send an email to [DCHHS\\_MWP@dallascounty.org](mailto:DCHHS_MWP@dallascounty.org)