



STARTING MARCH 2026

DIABETES PREVENTION PROGRAM

Join an Info Session:

Wednesday, February 25: 5:30–6:00pm

Friday, March 6: 12:30–1:00pm

Reduce your risk!

The San Francisco Health Service System (SFHSS) and the YMCA are partnering to offer two Diabetes Prevention Programs (DPP).

This year-long program, developed by the Centers for Disease Control and Prevention (CDC), helps participants make lasting lifestyle changes, lose weight, improve overall health, and lower their risk of type 2 diabetes.

Program Features:

- Cohort #1: Wednesdays, Starts 3/18 6:30-7:30pm
- Cohort #2: Thursdays, Starts 3/19: Noon-1:00pm
- Attend 26 one-hour online sessions over 12 months
- Work with a small group (8-16 people) led by a trained Wellness Coach
- Participation is voluntary and free
- To register for an info session or to learn more more, visit sfhss.org/dpp



Complete the [DPP interest form online](https://sfhss.org/dpp)



sfhss.org/dpp