

# Trinity Health Michigan - Diabetes Prevention Program

## Could you be at risk for type 2 diabetes?

The Diabetes Prevention Program is an evidence-based, nationally recognized program for those at risk for type 2 diabetes. If you are ready to make small lifestyle changes to lower your risk for type 2 diabetes, then this program is for you.

This yearlong program begins with 16 weekly sessions, followed by monthly maintenance sessions to provide ongoing support to:

- Be more active
- Eat healthy
- Lose a small amount of weight
- Manage stress
- Receive group support
- Stay motivated

Attend our next **Information Session** to learn more  
– contact us for dates and times



## Who's Eligible?

Non-pregnant adults, with a BMI equal to or greater than 25 (23 or over if Asian decent), who **do not** have a diagnosis of type 1 or type 2 diabetes and **meet one** of the following:

- A blood test within the past year showing:
  - Hemoglobin A1C: 5.7 to 6.4%
  - or fasting plasma glucose: 100–125 mg/dL OR
- Have a diagnosis of pre-diabetes or a history of gestational diabetes OR
- Score 5 or higher on the CDC [Prediabetes Risk Test](#)

## Next Series of Classes:

**SAY Clinic – Detroit 1355 Oakman Blvd**  
Tuesdays from 1:00 pm to 2:00 pm starting 3/10/26  
Information Session 3/3/2026 at 1pm

**Distance Learning (virtual)**  
Wednesdays from 6:15 pm to 7:15 pm starting 4/11/26  
Information Session 4/4/2026 at 6:15 pm

For more information or to enroll:

Call 734-655-8942