Diabetes Prevention Program

Our year long prevention program is designed to reduce your chance of developing type 2 diabetes by 58%!

The expert team at Braden Diabetes Center would like to help you learn how to take control of your health. This in-depth program will teach you:

• How to set wellness and nutritional goals based on your own unique needs
• Innovative ideas for healthy eating and lasting behavior change, including tools to help with stress management
• Exercise options to fit your lifestyle

Plus, take home helpful educational resources. It’s your health. Understand the risks associated with pre-diabetes and take action now.

Due to COVID-19, the Braden Diabetes Center is offering remote classes and groups via Telehealth. Please call the Braden Diabetes Center to register and receive login details: 1-415-925-7370.

A Flexible Schedule

Sessions become less frequent as you master the life skills you need to control your blood sugar. The schedule is as follows:

1. Weeks 1–16: One-hour **weekly** group sessions
2. Weeks 17–24: One-hour **every other week** group sessions
3. Weeks 25–48: One-hour **monthly** group sessions

Session times will be set to accommodate what works best for the group.

Cost $375

Cost is covered by many insurers. Contact us for more information.

Registration Required
Call 1-415-925-7370