

FREE!



The University of Texas
Health Science Center at Houston
School of Public Health
Brownsville



A PROGRAM FOR ADULTS WHO ARE AT RISK OF TYPE 2 DIABETES AND WANT TO LOSE WEIGHT

Participants will:

- Take part in a lifestyle change program to help prevent diabetes.
- Commit to a one year- long change process.
- Learn about healthy eating to safely lose weight.
- Slowly and safely increase physical activity.
- Learn how to problem solve and stay motivated.

2022 DPP SESSIONS NOW AVAILABLE

Health Coach	Telephone	Start Month	City	Language
Verenise Cazares	(956) 908-8864	June	Brownsville	Bilingual
Cecilia Zamora	(956) 639-1352	July	Port Isabel	Spanish
Brenda Araneda	(956) 792-6980	August	Harlingen	Spanish
Maricela Gonzalez	(956) 483-0131	August	McAllen	Spanish
Carmen Berrones	(956) 755-0660	August	Rio Hondo/Primera	Spanish
Evelia Duran	(956) 454-2724	October	La Feria	Bilingual

TO REGISTER FOR ONE OF THESE CLASSES,
Please call the class Health Coach or call 956-755-0660
or visit www.tusaludsicuenta.com



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