

A Vision of Health

REAL PEOPLE. REAL RESULTS.



MEET DEBORA WRIGHT
FOUNDER AND PROGRAM DIRECTOR



With Sam Billimoria
(MPH, MBA CHES,CPH)
Master coach

**SCAN TO REGISTER
TODAY!**



Congressman Brad Sherman and Council member Blumenthal, congratulated AVOH for their program and invited participation with Master Coach Sam Billimoria and interns at a health Fair.

Good morning Debbie,.....Thank you so much for putting this together and allowing us to spotlight your organization. It's incredibly inspiring to hear about your organization's continued impact.....
-LA County



The diabetes prevention program offered by A Vision of Health helped me to stay consistent with the changes I had been trying to make on my own. I enjoyed the group format and having a group leader to ensure that the exercise and food logs were being completed helped create lasting habits. -SM

Dear Billimoria,
Thank you for contacting me to express your support for cancer research and prevention program funding. I appreciate hearing from you..... -Alex Padilla United States Senate For California



Dear Sam and Debbie,
Thank you for accepting me into the Vision of Health CDC pre-diabetes reversal program last year. I appreciated the weekly and monthly sessions led by Sam, and walked through the easy to understand lifestyle modifications that helped the other group's participant and I to lose weight -VK

Dear Mr. Billimoria:
Thank you for contacting me in support of cancer research funding. I appreciate the time you took to write and welcome the opportunity to respond.....
-Dianne Feinstein United States Senator for California

I am very grateful to A Vision of Health for making the program available to prediabetics. My A1C is down to 5.7-KB

When I started the A Vision of Health program. I weighed xxx lbs. After 6 months I had lost 40lbs and was much stronger and healthier -LR



Hi Sam and Debbie, My testimonial is below. I found great success with the Prevent Type 2 program. Not only did I lose 19 lbs in a year, I lowered my A1C by two points..... -KS



I have just completed session 26 with Sam Billimoria today.....From the session today and after reviewing my accomplishments, I got reminded again of the program's value and importance. I have so much appreciation for the "Prevent Type 2 Diabetes" program.... -CZ

Testimonial. Participating in a year-long program for the Diabetes Prevention Program (DPP) was an eye-opening experience. I want to thank the lead facilitator Sam for always cheering me on through the program when I did not feel my best at times.....-PM

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Never thought I could lose 30+ pounds. . But having the knowledge gained with Vision of Health gives me tools and hope to be healthy and stay Diabetes free for a long healthy life. -SLF