

GHS Diabetes Prevention Program (Greenville 2)

Time & Day(s) of Sessions: Thursdays from 5:30-6:30 pm

Location: Greenville Memorial Hospital, Support Tower 51

Date: Beginning: 05/03/18 – Ending: 10/11/18

Core Class Schedule

Session	Core Class Sessions Topics	Date
Session Zero	Assessment	05/03/2018
1	Introduction to the Program	05/10/18
2	Get Active to Prevent T2	05/17/2018
3	Track Your Activity	05/24/18
4	Eat Well to Prevent T2	06/07/018
5	Track Your Food	06/14/2018
6	Get More Active	06/21/2018
7	Burn More Calories Than You Take In	06/28/2018
8	Shop and Cook to Prevent T2	07/12/2018
9	Manage Stress	07/19/2018
10	Find Time for Fitness	07/26/18
11	Cope with Triggers	08/02/18
12	Keep Your Heart Healthy	08/16/18
13	Take Charge of Your Thoughts	08/30/18
14	Get Support	09/13/18
15	Eat Well Away From Home	09/27/18
16	Stay Motivated to Prevent T2	10/11/2018

Post – Core Class Schedule

Time of Sessions: 5:30-6:30 pm

Day of Sessions: Thursday

Date: Beginning: 11/15/18 – Ending: 04/19/19

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	11/15/18
18	Post Core 2- Stay Active to Prevent T2	12/13/18
19	Post Core 3-More About T2	1/17/19
20	Post Core 4- More About Carbs	02/14/2019
21	Post Core 5- Have Healthy Food You Enjoy	03/14/19
22	Post Core 6- Prevent T2- for Life!	4/18/2019