

## GHS Diabetes Prevention Program (Simpsonville)

**Day(s) & Time: Thursdays 5:30pm-6:30pm**

**Class Location: Hillcrest Memorial Hospital | Room- Conference Room E**

**Address: 729 SE Main St, Simpsonville, SC 29681**

**Date: Beginning: 09/26/19 – Ending: 10/15/20**

Session	Core Class Sessions Topics	Date
-	<b>Registration</b>	09/26/19
<b>Session Zero</b>	<b>Information Session</b>	10/03/19
1	Introduction to the Program	10/10/19
2	Get Active to Prevent T2	10/17/19
3	Track Your Activity	10/24/19
4	Eat Well to Prevent T2	10/31/19
5	Carb Counting	11/07/19
6	Track Your Food	11/14/19
7	Get More Active	11/21/19
8	Manage Stress and Prevent Burnout	12/05/19
9	Burn More Calories Than You Take In	12/12/19
10	Shop and Cook to Prevent T2	12/19/19
11	Grocery Store Tour	01/09/20
12	Cope with Triggers	01/16/20
13	Find Time for Fitness	01/23/19
14	Keep Your Heart Healthy	01/30/20
15	Take Charge of Your Thoughts	02/06/20
16	Get Support	02/13/20
17	Eat Well Away From Home	02/27/20
18	Get Enough Sleep	03/12/20
19	Mindful Eating	03/26/20
20	Stay Motivated to Prevent T2	04/09/20

### Post – Core Class Schedule

Session	Post Core Monthly Sessions Topics	Date
21	Post Core 1 -When Weight Loss Stalls	05/07/20
22	Post Core 2- Stay Active to Prevent T2	06/04/20
23	Post Core 3- More About Carbs	07/09/20
24	Post Core 4- Have Healthy Food You Enjoy	08/06/20
25	Post Core 5- Get Back On Track	09/03/20
26	Post Core 6- Prevent T2 for Life!	10/01/20

Session	Graduation/Exit Surveys	Date
Exit Survey	Exit Surveys	10/08/20
Graduation	Graduation	10/15/20