

GHS Diabetes Prevention Program (Travelers Rest)

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

Location: North Greenville Hospital

Address: 807 N Main St, Travelers Rest, SC 29690

Date: Beginning: 10/09/19 – Ending: 10/21/20

| Session | Core Class Sessions Topics | Date |
|---------------------|-------------------------------------|----------|
| - | Registration | 10/09/19 |
| Session Zero | Information Session | 10/16/19 |
| 1 | Introduction to the Program (DSMP) | 10/23/19 |
| 2 | Get Active to Prevent T2 | 10/30/19 |
| 3 | Track Your Activity | 11/06/19 |
| 4 | Eat Well to Prevent T2 | 11/13/19 |
| 5 | Carb Counting (RD) | 11/20/19 |
| 6 | Track Your Food | 12/04/19 |
| 7 | Get More Active | 12/11/19 |
| 8 | Manage Stress and Burnout | 12/18/19 |
| 9 | Burn More Calories Than You Take In | 01/08/20 |
| 10 | Shop and Cook to Prevent T2 | 01/15/20 |
| 11 | Grocery Store Tour | 01/22/20 |
| 12 | Coping with Triggers | 01/29/20 |
| 13 | Find Time for Fitness | 02/05/20 |
| 14 | Keep Your Heart Healthy | 02/12/20 |
| 15 | Take Charge of Your Thoughts | 02/19/20 |
| 16 | Get Support | 02/26/20 |
| 17 | Eat Well Away From Home | 03/11/20 |
| 18 | Get Enough Sleep | 03/25/20 |
| 19 | Mindful Eating | 04/08/20 |
| 20 | Stay Motivated to Prevent T2 | 04/22/20 |

Post – Core Class Schedule

| Session | Post Core Monthly Sessions Topics | Date |
|---------|--|----------|
| 21 | Post Core 1 -When Weight Loss Stalls | 05/20/20 |
| 22 | Post Core 2- Stay Active to Prevent T2 | 06/17/20 |
| 23 | Post Core 3- More About Carbs | 07/15/20 |
| 24 | Post Core 4- Have Healthy Food You Enjoy | 08/12/20 |
| 25 | Post Core 5- Get Back On Track | 09/09/20 |
| 26 | Post Core 6- Prevent T2 for Life! | 10/07/20 |

| Session | Graduation/Exit Surveys | Date |
|-------------|-------------------------|----------|
| Exit Survey | Exit Surveys | 10/14/20 |
| Graduation | Graduation | 10/21/20 |