

GHS Diabetes Prevention Program (Hillcrest)

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

Location: Hillcrest Memorial Hospital/ Conference Room C

Date: Beginning: 7/12/18 – Ending: 12/20/18

Core Class Schedule

Session	Core Class Sessions Topics	Date
Session Zero	Assessment	07/12/18
1	Introduction to the Program	07/19/18
2	Get Active to Prevent T2	07/26/18
3	Track Your Activity	08/02/18
4	Eat Well to Prevent T2	08/09/18
5	Track Your Food	08/16/18
6	Get More Active	08/30/18
7	Burn More Calories Than You Take In	09/13/18
8	Shop and Cook to Prevent T2	09/20/18
9	Manage Stress	09/27/18
10	Find Time for Fitness	10/04/18
11	Cope with Triggers	10/18/18
12	Keep Your Heart Healthy	10/25/18
13	Take Charge of Your Thoughts	11/15/18
14	Get Support	11/29/18
15	Eat Well Away From Home	12/06/18
16	Stay Motivated to Prevent T2	12/20/18

Post – Core Class Schedule

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

Day of Sessions: Thursday

Date: Beginning: 01/10/19 – Ending: 06/20/19

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	01/10/19
18	Post Core 2- Stay Active to Prevent T2	02/21/19
19	Post Core 3-More About T2	03/21/19
20	Post Core 4- More About Carbs	04/18/19
21	Post Core 5- Have Healthy Food You Enjoy	05/16/19
22	Post Core 6- Prevent T2- for Life!	06/20/19