

GHS Diabetes Prevention Program (Easley)

Time & Day(s) of Sessions: Monday 5:30-6:30

Location: Baptist Easley Hospital, TCF 3rd floor

Date: Beginning: 07/9/18 – Ending: 01/07/19

Core Class Schedule

Session	Core Class Sessions Topics	Date
Session Zero	Assessment	07/9/18
1	Introduction to the Program	07/16/18
2	Get Active to Prevent T2	07/23/18
3	Track Your Activity	07/30/18
4	Eat Well to Prevent T2	08/06/18
5	Track Your Food	08/13/18
6	Get More Active	08/20/18
7	Burn More Calories Than You Take In	08/27/18
8	Shop and Cook to Prevent T2	09/10/18
9	Manage Stress	09/24/18
10	Find Time for Fitness	10/15/18
11	Cope with Triggers	10/22/18
12	Keep Your Heart Healthy	11/05/18
13	Take Charge of Your Thoughts	11/19/18
14	Get Support	12/03/18
15	Eat Well Away From Home	12/17/18
16	Stay Motivated to Prevent T2	01/07/19

Post – Core Class Schedule

Time of Sessions: 5:30-6:30

Day of Sessions: Monday

Date: Beginning: 01/21/19 – Ending: 06/17/19

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	01/21/19
18	Post Core 2- Stay Active to Prevent T2	02/18/19
19	Post Core 3-More About T2	03/18/19
20	Post Core 4- More About Carbs	04/15/19
21	Post Core 5- Have Healthy Food You Enjoy	05/13/19
22	Post Core 6- Prevent T2- for Life!	06/17/19