

PreventT2 Program Schedule

March 9, 2017- March 1, 2018

Thursdays: 4:15- 5:30 pm

Central Office – Conference Room 5A

****Note: Meetings are held weekly for 16 weeks then once or twice a month for 6 months.**

| Session & Date | Module Name | Description |
|-------------------------------------|-------------------------------------|--|
| Session 1 March 9, 2017 | Introduction to the Program | This module sets the stage for the entire Prevent T2 course. |
| Session 2 March 16, 2017 | Get Active to Prevent T2 | This module provides the core principles of getting active. |
| Session 3 March 23, 2017 | Track Your Activity | This module provides the core principles of tracking activity. |
| Session 4 March 30, 2017 | Eat Well to Prevent T2 | This module provides the core principles of healthy eating. |
| Session 5 April 6, 2017 | Track Your Food | This module provides the core principles of tracking food. |
| Session 6 April 13, 2017 | Get More Active | This module provides the core principles of increasing activity level. |
| Session 7 April 20, 2017 | Burn More Calories Than You Take In | This module provides the core principles of getting active. |
| Session 8 April 27, 2017 | Shop and Cook to Prevent T2 | This module teaches participants how to buy and cook healthy food. |
| Session 9 May 4, 2017 | Manage Stress | This module teaches participants how to reduce and deal with stress. |
| Session 10 May 11, 2017 | Find Time for Fitness | This module teaches participants how to find time to be active. |
| Session 11 May 18, 2017 | Cope with Triggers | This module teaches participants how to cope with triggers of unhealthy behaviors. |
| Session 12 May 25, 2017 | Keep Your Heart Healthy | This module teaches participants how to keep their heart healthy. |

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| Session 13 June 1, 2017 | Take Charge of Your Thoughts | This module teaches participants how to replace harmful thoughts with helpful thoughts. |
| Session 14 June 8, 2017 | Get Support | This module teaches participants how to get support for their healthy lifestyle. |
| Session 15 June 15, 2017 | Eat Well Away from Home | This module teaches participants how to stay on track with their eating goals at restaurants and social events. |
| Session 16 June 22, 2017 | Stay Motivated to Prevent T2 | This module helps participants reflect on their progress and keep making positive changes over the next six months. |
| Session 17 July 6, 2017 | When Weight Loss Stalls | This module teaches participants how to start losing weight again when their weight loss slows down or stops. |
| Session 18 July 20, 2017 | Take a Fitness Break | This module teaches participants how to overcome barriers to taking a 2-minute fitness break every 30 minutes. |
| Session 19 August 3, 2017 | Stay Active to Prevent T2 | This module teaches participants how to cope with some challenges of staying active. |
| Session 20 September 7, 2017 | Stay Active Away from Home | This module teaches participants how to stay on track with their fitness goals when they travel for work or pleasure. |
| Session 21 October 5, 2017 | More About T2 | This module gives participants a deeper understanding of type 2 diabetes. |
| Session 22 November 2, 2017 | More About Carbs | This module gives participants a deeper understanding of carbohydrates. |

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| Session 23 December 7, 2017 | Have Healthy Food You Enjoy | This module teaches participants how to have healthy food that they enjoy. |
| Session 24 January 4, 2018 | Get Enough Sleep | This module teaches participants how to cope with the challenges of getting enough sleep. |
| Session 25 February 1, 2018 | Get Back on Track | This module teaches participants what to do when they get off track with their eating or fitness goals. |
| Session 26 March 1, 2018 | Prevent T2 ---- for Life! | This module helps participants reflect on their progress and keep making positive changes over the long term. |

Special Instructions:

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