



## Live Well Diabetes Prevention Program Class Schedule

**\*Classes are 1 hour in length and will be scheduled to accommodate the registered class members. All classes will be 6:45 – 8:00 a.m. in the GCMH Education Room.**

March 2017 - Two weekly classes:

- March 21, 2017 - Introduction to the Prevent T2 Program – GCMH Education Room
- March 28, 2017 - Get Active to Prevent Diabetes – GCMH Education Room

April 2017 – Three weekly classes:

- April 4, 2017 - Track Your Activity – GCMH Education Room
- April 11, 2017 - Eat Well to Prevent Diabetes – GCMH Education Room
- April 18 2017 - Track Your Food – GCMH Education Room

May 2017 – Three weekly classes:

- May 2, 2017 - Get More Active – Principles of increasing your activity level – GCMH Education Room
- May 16, 2017 - Burn More Calories Than You Take In – GCMH Education Room
- May 30, 2017 - Shop and Cook to Prevent Diabetes – GCMH Education Room

June 2017 – Three weekly classes

- June 6, 2017 - Manage Stress – How to Reduce and Deal with Stress – GCMH Education Room
- June 13, 2017 - Find a Time For Fitness – GCMH Education Room
- June 27, 2017 - Cope With Triggers – GCMH Education Room

July 2017 – Two weekly classes

- July 11, 2017 - Keep Your Heart Healthy – GCMH Education Room
- July 18, 2017 - Take Charge of Your Thoughts – GCMH Education Room

August 2017 – Three classes this month\*

- August 1 2017 – Get Support – How to Get Support for Your Healthy Lifestyle – GCMH Education Rm.
- August 15, 2017 - Eat Well Away From Home – GCMH Education Room
- August 29, 2017 - Stay Motivated to Prevent Diabetes – GCMH Education Room

September 2017 – Two classes this month\*

- September 12, 2017 – When Weight Loss Stalls – GCMH Education Room
- September 26, 2017 – GCMH Education Room

October 2017 – Two classes this month\*

- October 10, 2017 – GCMH Education Room
- October 24, 2017 – GCMH Education Room

November 2017

- November 7, 2017 – GCMH Education Room
- November 28, 2017 – GCMH Education Room

December 2017, January, and February 2018 – One class each month\*

- December 5, 2017 – GCMH Education Room
- January 16, 2018 – GCMH Education Room
- February 13, 2018 – GCMH Education Room

Class will choose from the following ten topics:

- When Weight Loss Stalls
- Take a Fitness Break
- Stay Active to Prevent Diabetes
- Stay Active Away from Home
- About Type 2 Diabetes
- More About Carbs
- Have Healthy Food You Enjoy
- Get Enough Sleep
- Get Back on Track
- Prevent Diabetes - for Life!