

GHS Diabetes Prevention Program (Greenville)

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

Location: Greenville Memorial Hospital, Support Tower 51

Date: Beginning: 05/07/18 – Ending: 10/08/18

Core Class Schedule

Session	Core Class Sessions Topics	Date
Session Zero	Assessment	4/30/18
1	Introduction to the Program	05/07/18
2	Get Active to Prevent T2	05/14/18
3	Track Your Activity	05/21/18
4	Eat Well to Prevent T2	06/04/18
5	Track Your Food	6/11/18
6	Get More Active	06/18/18
7	Burn More Calories Than You Take In	06/25/18
8	Shop and Cook to Prevent T2	07/09/18
9	Manage Stress	7/16/18
10	Find Time for Fitness	07/23/18
11	Cope with Triggers	07/30/18
12	Keep Your Heart Healthy	08/13/18
13	Take Charge of Your Thoughts	08/27/18
14	Get Support	09/10/18
15	Eat Well Away From Home	09/24/18
16	Stay Motivated to Prevent T2	10/08/18

Post – Core Class Schedule

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

Day of Sessions: Monday

Date: Beginning: 10/08/18 – Ending: 04/15/19

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	11/12/18
18	Post Core 2- Stay Active to Prevent T2	12/10/18
19	Post Core 3-More About T2	01/14/19
20	Post Core 4- More About Carbs	02/11/19
21	Post Core 5- Have Healthy Food You Enjoy	03/11/19
22	Post Core 6- Prevent T2- for Life!	4/15/19