

GHS Diabetes Prevention Program (Greenville)

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

Location: Greenville Memorial Hospital | Room- Conference Center 2 (CC2)

Address: 701 Grove Rd, Greenville, SC 29605

Date: Beginning: 09/10/19 – Ending: 09/29/20

Session	Core Class Sessions Topics	Date
-	Registration	09/10/19
Session Zero	Information Session	09/17/19
1	Introduction to the Program	09/24/19
2	Get Active to Prevent T2	10/01/19
3	Track Your Activity	10/08/19
4	Eat Well to Prevent T2	10/15/19
5	Carb Counting	10/22/19
6	Track Your Food	10/29/19
7	Get More Active	11/05/19
8	Manage Stress and Burnout	11/12/19
9	Burn More Calories Than You Take In	11/19/19
10	Shop and Cook to Prevent T2	12/03/19
11	Grocery Store Tour	12/10/19
12	Cope with Triggers	12/17/19
13	Find Time for Fitness	01/07/20
14	Keep Your Heart Healthy	01/14/20
15	Take Charge of Your Thoughts	01/21/20
16	Get Support	01/28/20
17	Eat Well Away From Home	02/11/20
18	Get Enough Sleep	02/25/20
19	Mindful Eating	03/10/20
20	Stay Motivated to Prevent T2	03/24/20

Post – Core Class Schedule

Session	Post Core Monthly Sessions Topics	Date
21	Post Core 1 -When Weight Loss Stalls	04/21/20
22	Post Core 2- Stay Active to Prevent T2	05/19/20
23	Post Core 3- More About Carbs	06/16/20
24	Post Core 4- Have Healthy Food You Enjoy	07/14/20
25	Post Core 5- Get Back On Track	08/11/20
26	Post Core 6- Prevent T2 for Life!	09/15/20

Session	Graduation/Exit Surveys	Date
Exit Survey	Exit Surveys	09/22/20
Graduation	Graduation	09/29/20