

**GHS Diabetes Prevention Program (Laurens)**  
**Time & Day(s) of Sessions: Wednesday from 5:30-6:30 pm**  
**Location: Laurens County Memorial Hospital, Women's Life Center**  
**Date: Beginning: 05/02/18 – Ending: 10/24/18**

**Core Class Schedule**

Session	Core Class Sessions Topics	Date
<b>Session Zero</b>	<b>Assessment</b>	05/02/18
1	Introduction to the Program	05/09/18
2	Get Active to Prevent T2	05/16/18
3	Track Your Activity	05/23/18
4	Eat Well to Prevent T2	06/06/18
5	Track Your Food	6/20/180
6	Get More Active	6/27/18
7	Burn More Calories Than You Take In	07/11/18
8	Shop and Cook to Prevent T2	07/25/18
9	Manage Stress	08/01/18
10	Find Time for Fitness	08/08/18
11	Cope with Triggers	08/15/18
12	Keep Your Heart Healthy	08/29/18
13	Take Charge of Your Thoughts	09/12/18
14	Get Support	09/19/18
15	Eat Well Away From Home	10/10/18
16	Stay Motivated to Prevent T2	10/24/18

**Post – Core Class Schedule**  
**Time of Sessions: 5:30-6:30 pm**  
**Day of Sessions: Wednesday**  
**Date: Beginning: 11/14/18 – Ending: 04/10/19**

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	11/14/18
18	Post Core 2- Stay Active to Prevent T2	12/12/18
19	Post Core 3-More About T2	01/16/19
20	Post Core 4- More About Carbs	02/13/19
21	Post Core 5- Have Healthy Food You Enjoy	03/13/19
22	Post Core 6- Prevent T2- for Life!	04/10/19