

GHS Diabetes Prevention Program (Oconee)

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

Location: Oconee Memorial Hospital, Tower Conference Room 1 & 3

Date: Beginning: 04/10/18– Ending: 10/30/18

Core Class Schedule

Session	Core Class Sessions Topics	Date	Room
Session Zero	Assessment	05/01/18	Tower 1
1	Introduction to the Program	05/08/18	Tower 3
2	Get Active to Prevent T2	05/15/18	Tower 1
3	Track Your Activity	05/22/18	Tower 1
4	Eat Well to Prevent T2	06/05/18	Board Room
5	Track Your Food	06/12/18	Tower 3
6	Get More Active	06/19/18	Board Room
7	Burn More Calories Than You Take In	06/26/18	Tower 3
8	Shop and Cook to Prevent T2	07/10/18	Tower 1
9	Manage Stress	07/24/18	Tower 3
10	Find Time for Fitness	08/14/18	Tower 1
11	Cope with Triggers	08/28/18	Tower 1
12	Keep Your Heart Healthy	09/04/18	Tower 1
13	Take Charge of Your Thoughts	09/18/18	Tower 1
14	Get Support	10/02/18	Tower 3
15	Eat Well Away From Home	10/09/18	Tower 1
16	Stay Motivated to Prevent T2	10/30/18	Tower 1

Post – Core Class Schedule

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

Day of Sessions: Tuesdays

Date: Beginning: 11/13/18 – Ending: 04/16/19

Session	Post Core Monthly Sessions Topics	Date	Room
17	Post Core 1 -When Weight Loss Stalls	11/13/18	Tower 1
18	Post Core 2- Stay Active to Prevent T2	12/11/18	Tower 1
19	Post Core 3-More About T2	01/15/19	Tower 1
20	Post Core 4- More About Carbs	02/12/19	Tower 1
21	Post Core 5- Have Healthy Food You Enjoy	03/12/19	Tower 1
22	Post Core 6- Prevent T2- for Life!	04/16/19	Tower 1