

GHS Diabetes Prevention Program (Greer)

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

Location: GrMH MOB340 classroom or GrMH Administrative Conference Room

Date: Beginning: 07/10/18 – Ending: 12/18/18

Core Class Schedule

Session	Core Class Sessions Topics	Date
Session Zero	Assessment	07/10/18– GrMH MOB340 Classroom
1	Introduction to the Program	07/17/18– GrMH MOB340 Classroom
2	Get Active to Prevent T2	07/24/18GrMH Administrative Conference room
3	Track Your Activity	7/31/18GrMH Administrative Conference room
4	Eat Well to Prevent T2	08/07/18GrMH Administrative Conference room
5	Track Your Food	08/14/18GrMH Administrative Conference room
6	Get More Active	08/21/18GrMH Administrative Conference room
7	Burn More Calories Than You Take In	08/28/18GrMH Administrative Conference room
8	Shop and Cook to Prevent T2	09/04/18GrMH Administrative Conference room
9	Manage Stress	09/18/18– GrMH MOB340 Classroom
10	Find Time for Fitness	10/02/18– GrMH MOB340 Classroom
11	Cope with Triggers	10/16/18– GrMH MOB340 Classroom
12	Keep Your Heart Healthy	10/30/18– GrMH MOB340 Classroom
13	Take Charge of Your Thoughts	11/13/18– GrMH MOB340 Classroom
14	Get Support	11/27/18GrMH Administrative Conference room
15	Eat Well Away From Home	12/11/18 GrMH MOB340 Classroom
16	Stay Motivated to Prevent T2	12/18/18 GrMH MOB340 Classroom

Post – Core Class Schedule

Time of Sessions: 5:30-6:30

Day of Sessions: Tuesday

Date: Beginning: 01/15/19 – Ending: 06/18/19

Session	Post Core Monthly Sessions Topics	Date
17	Post Core 1 -When Weight Loss Stalls	01/15/19– GrMH MOB340 Classroom
18	Post Core 2- Stay Active to Prevent T2	02/19/19– GrMH MOB340 Classroom
19	Post Core 3-More About T2	03/19/19– GrMH MOB340 Classroom
20	Post Core 4- More About Carbs	04/16/19– GrMH MOB340 Classroom
21	Post Core 5- Have Healthy Food You Enjoy	05/14/19– GrMH MOB340 Classroom
22	Post Core 6- Prevent T2- for Life!	06/18/19– GrMH MOB340 Classroom

