

GHS Diabetes Prevention Program (Greenville)

Time & Day(s) of Sessions: Wednesdays from 7:00-8:00am

Location: Greenville Memorial Hospital, Support Tower 51

Date: Beginning: 07/11/18 – Ending: 12/19/18

Core Class Schedule

Session	Core Class Sessions Topics	Date	Location
Session Zero	Assessment	07/11/18	Tower 41
1	Introduction to the Program	07/18/18	Tower 41
2	Get Active to Prevent T2	07/25/18	Conference Center 6
3	Track Your Activity	08/01/18	TBD
4	Eat Well to Prevent T2	08/08/18	Tower 41
5	Track Your Food	08/15/18	Tower 61
6	Get More Active	08/22/18	Conference Center 6
7	Burn More Calories Than You Take In	08/29/18	Tower 41
8	Shop and Cook to Prevent T2	09/05/18	Tower 51
9	Manage Stress	09/19/18	Tower 41
10	Find Time for Fitness	10/03/18	Tower 51
11	Cope with Triggers	10/17/18	Tower 61
12	Keep Your Heart Healthy	10/31/18	Tower 41
13	Take Charge of Your Thoughts	11/14/18	Tower41
14	Get Support	11/28/18	Tower 51
15	Eat Well Away From Home	12/05/18	Tower 51
16	Stay Motivated to Prevent T2	12/19/18	Tower 61

Post – Core Class Schedule

Time of Sessions: 7:00-8:00am

Day of Sessions: Wednesday

Date: Beginning: 01/16/19 – Ending: 06/19/19

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