

# NATIONAL DIABETES PREVENTION PROGRAM

## Diabetes Prevention Program Class Schedule

Please check your email for zoom links and updated class information

**Fridays at 12:00pm (Noon)**

Session	Date	Delivery	Topic
0	11-Feb	Virtual (zoom)	Session Zero
1	18-Feb	Virtual (zoom)	Introduction to the Program
2	25-Feb	Virtual (zoom)	Get Active to Prevent T2
3	4-Mar	Virtual (zoom)	Track Your Activity
4	11-Mar	Virtual (zoom)	Eat Well to Prevent T2
5	18-Mar	Virtual (zoom)	Track Your Food
6	25-Mar	Virtual (zoom)	Get More Active
7	1-Apr	Virtual (zoom)	Burn More Calories Than You Take In
8	8-Apr	Virtual (zoom)	Shop and Cook to Prevent T2
9	22-Apr	Virtual (zoom)	Manage Stress
10	29-Apr	Virtual (zoom)	Find Time for Fitness
11	6-May	Virtual (zoom)	Cope with Triggers
12	13-May	Virtual (zoom)	Keep your Heart Healthy
13	20-May	Virtual (zoom)	Take Charge of your Thoughts
14	27-May	Virtual (zoom)	Get Support
15	3-Jun	Virtual (zoom)	Eat Well Away from Home
16	10-Jun	Virtual (zoom)	Stay Motivated to Prevent T2
17	8-Jul	TBD	When Weight Loss Stalls
18	5-Aug	TBD	Stay Active to Prevent T2
19	2-Sep	TBD	Have Healthy Food You Enjoy
20	7-Oct	TBD	Get Enough Sleep
21	4-Nov	TBD	Get Back on Track
22	2-Dec	TBD	Prevent T2 - for Life!