

Diabetes Prevention Program Spring 2021 Tuesday 5:00pm Class Schedule

Week	Date	Location	Description
1	4/6/2021	Virtual	Introduction to the Program
2	4/13/2021	Virtual	Get Active to Prevent T2
3	4/20/2021	Virtual	Track Your Activity
4	4/27/2021	Virtual	Eat Well to Prevent T2
5	5/4/2021	Virtual	Track Your Food
6	5/11/2021	Virtual	Get More Active
7	5/18/2021	Virtual	Burn More Calories Than You Take In
8	5/25/2021	Virtual	Shop and Cook to Prevent T2
9	6/1/2021	Virtual	Manage Stress
10	6/8/2021	Virtual	Find Time for Fitness
11	6/15/2021	Virtual	Cope with Triggers
12	6/22/2021	Virtual	Keep Your Heart Healthy
13	6/29/2021	Virtual	Take Charge of Your Thoughts
14	7/13/2021	Virtual	Get Support
15	7/27/2021	Virtual	Eat Well Away from Home
16	8/10/2021	Virtual	Stay Motivated to Prevent T2
17	9/7/2021	Virtual	When Weight Loss Stalls
18	10/5/2021	Virtual	Stay Active Away from Home
19	11/9/2021	Virtual	Have Healthy Food You Enjoy
20	12/7/2021	Virtual	Get Enough Sleep
21	1/11/2022	Virtual	Get Back on Track
22	2/8/2022	Virtual	Take a Fitness Break
23	3/8/2022	Virtual	Prevent T2 for Life/Graduation

Weekly Meetings
Bi-Weekly Meetings
Monthly Meetings