

National Diabetes Prevention Program 2022-2023

Tentative Meeting Schedule Wednesdays at 9:00 AM or 4:00 PM in person or via Zoom

Schedule	Date	Session Curriculum
Month 1	10/5/2022	1. Introduction to the DPP
	10/12/2022	2. Be a Fat and Calorie Detective
	10/19/2022	3. Three Ways to Eat Less Fat and Fewer Calories
	10/26/2022	4. Healthy Eating
Month 2	11/2/2022	5. Move Those Muscles
	11/9/2022	6. Being Active – A way of Life
	11/16/2022	7. Tip the Calorie Balance
4 PM class 11/22 due to thanksgiving	11/23/2022	8. Take Charge of What's Around You
	11/30/2022	9. Problem Solving
Month 3	12/7/2022	10. Four Keys to Healthy Eating Out
	12/14/2022	11. Talk Back to Negative Thoughts
	12/21/2022	12. The Slippery Slope of Lifestyle Change
	12/28/2022	13. Jump Start Your Activity Plan
Month 4	1/4/2023	14. Make Social Cues Work for You
	1/11/2023	15. You Can Manage Stress
	1/18/2023	16. Ways to Stay Motivated
Month 5	2/1/2023	Post Core Session 1: Welcome to Sessions 7-12
Month 6	3/1/2023	Post Core Session 2: group choice
Month 7	4/5/2023	Post Core Session 3: group choice
Month 8	5/3/2023	Post Core Session 4: group choice
Month 9	6/7/2023	Post Core Session 5: group choice
Month 10	7/5/2023	Post Core Session 6: Balance Your Thoughts for Long-Term Maintenance or group choice
Month 11	8/2/2023	Post Core Session 7: Preventing Relapse or group choice
Month 12	9/6/2023	Final Session: Looking Back and Looking Forward

Attendance to sessions is required to be in the program. Make-up sessions can be arranged individually by contacting your clinic Lifestyle Coach/Staff or if you have questions:

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