



PREVENT T2

TYPE 2 DIABETES

SCHEDULE FOR OCTOBER 2022 – APRIL 2023

Session 1	Welcome / Introduction	October 18	Jess
Session 2	Get Active to Prevent T2	November 1	Kathleen
Session 3	Track Your Activity	November 8	Nick
Session 4	Eat Well to Prevent T2	November 15	Kyla
Session 5	Track Your Food	November 22	Kyla
Session 6	Get More Active	December 6	Jess
Session 7	Burn Calories	December 20	Kathy
Session 8	Shop and Cook to Prevent T2	January 3	Kathy
Session 9	Manage Stress	January 17	Heather
Session 10	Find Time for Fitness	January 24	Kathleen
Session 11	Cope with Triggers	February 14	Kathy
Session 12	Keep Your Heart Healthy	February 21	Nick
Session 13	Take Charge of Your Thoughts	March 7	Heather
Session 14	Get Support	March 14	Nick
Session 15	Eat Well Away From Home	March 21	Heather
Session 16	Stay Motivated to Prevent T2	April 4	Kathleen

Classes are at 11 am, virtual, via Zoom. Classes are interactive and we learn from each other. You will receive an invite to the session the Monday before class (all classes will be held on Tuesdays). You must have a minimum of a phone and an email address to participate in the classes. You may call into the sessions if you are unable to join via video. You will be assigned a Lifestyle Coach who will assist you with your goal setting.

Call Rachel Montana at 888-685-4422 ext. 35039 or email her at rachel.montana@ho-chunk.com to sign up or if you have any questions

