

Diabetes Prevention Program Meeting Schedule

Meeting #	Meeting Date	Meeting Topic
0	August 27	Program Overview
1	September 3	Introduction to the Program
2	September 10	Get Active to Prevent T2
3	September 17	Track Your Activity
4	September 24	Eat Well to Prevent T2
5	October 1	Track Your Food
6	October 8	Get More Active
7	October 15	Burn More Calories Than You Take In
8	October 22	Shop and Cook to Prevent T2
9	November 5	Manage Stress
10	November 19	Find Time for Fitness
11	December 3	Cope with Triggers
12	December 17	Keep Your Heart Healthy
13	January 7	Take Charge of Your Thoughts
14	January 21	Get Support
15	February 4	Eat Well Away from Home
16	February 18	Stay Motivated to Prevent T2
17	March 3	When Weight Loss Stalls
18	March 17	Take a Fitness Break
19	March 31	Stay Active to Prevent T2
20	April 14	Stay Active Away from Home
21	April 28	More About T2
22	May 12	More About Carbs
23	May 26	Have Healthy Food You Enjoy
24	June 9	Get Enough Sleep
25	July 7	Get Back on Track
26	August 4	Prevent T2 – For Life

Contact us at 520-621-0974 or bscobie@email.arizona.edu if you need to make up a missed meeting.



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Cooperative Extension

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