

Diabetes Prevention Class Schedule 2017-2018

Date	Topic	Location	Time
3/21/2017	Introduction to the Program	Mill Race Center	6:30p-7:30p
3/28/2017	Get Active to Prevent T2	Mill Race Center	6:30p-7:30p
4/4/2017	Track Your Activity	Mill Race Center	6:30p-7:30p
4/11/2017	Eat Well to Prevent T2	Mill Race Center	6:30p-7:30p
4/18/2017	Track Your Food	Mill Race Center	6:30p-7:30p
4/25/2017	Get More Active	Mill Race Center	6:30p-7:30p
5/2/2017	Burn More Calories Than You Take In	Mill Race Center	6:30p-7:30p
5/9/2017	Shop and Cook to Prevent T2	Mill Race Center	6:30p-7:30p
5/16/2017	Manage Stress	Mill Race Center	6:30p-7:30p
5/23/2017	Find Time for Fitness	Mill Race Center	6:30p-7:30p
5/30/2017	Cope with Triggers	Mill Race Center	6:30p-7:30p
6/6/2017	Keep Your Heart Healthy	Mill Race Center	6:30p-7:30p
6/13/2017	Take Charge of Your Thoughts	Mill Race Center	6:30p-7:30p
6/20/2017	Get Support	Mill Race Center	6:30p-7:30p
6/27/2017	Eat Well Away from Home	Mill Race Center	6:30p-7:30p
7/4/2017	<i>Independence Day-no class</i>		
7/11/2017	Stay Motivated to Prevent T2	Mill Race Center	6:30p-7:30p
7/25/2017	When Weight Loss Stalls	Mill Race Center	6:30p-7:30p
8/8/2017	Take a Fitness Break	Mill Race Center	6:30p-7:30p
8/22/2017	Stay Active to Prevent T2	Mill Race Center	6:30p-7:30p
9/5/2017	Stay Active Away from Home	Mill Race Center	6:30p-7:30p
10/10/2017	More About T2	Mill Race Center	6:30p-7:30p
11/14/2017	More About Carbs	Mill Race Center	6:30p-7:30p
12/12/2017	Have Healthy Food You Enjoy	Mill Race Center	6:30p-7:30p
1/9/2018	Get Enough Sleep	Mill Race Center	6:30p-7:30p
2/13/2018	Get Back on Track	Mill Race Center	6:30p-7:30p
3/27/2018	Prevent T2--for Life!	Mill Race Center	6:30p-7:30p