

# YOU CAN MAKE A CHANGE FOR LIFE



▶ **FREE PROGRAM** ◀



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

You can prevent or delay type 2 diabetes! Sign up today and make a change for life!

Find out how to enroll by contacting:

Joyce Daniels, MS, RD/LDN, CDE  
Director of Community Wellness  
423.744.3249

**First Session:** Thursday, May 5, 2022, 4:30 - 5:30 p.m.  
Starr Regional Medical Center - Athens  
1114 W. Madison Avenue, Athens | (423) 745-1411



CDC Full-Recognition Program | Complete Schedule on Back

# DIABETES PREVENTION PROGRAM

## 2022 SCHEDULE

Session	Session Date	Session Title
Week 1	<u>May 5, 2022</u>	Welcome to the National Diabetes Prevention Program
Week 2	<u>May 12, 2022</u>	Be a Fat and Calorie Detective
Week 3	<u>May 19, 2022</u>	Reducing Fat and Calories
Week 4	<u>June 2, 2022</u>	Healthy Eating
Week 5	<u>June 9, 2022</u>	Move Those Muscles
Week 6	<u>June 16, 2022</u>	Being Active: A Way of Life
Week 7	<u>June 23, 2022</u>	Tip the Calorie Balance
Week 8	<u>June 30, 2022</u>	Take Charge of What's Around You
Week 9	<u>July 7, 2022</u>	Problem Solving
Week 10	<u>July 21, 2022</u>	Four Keys to Healthy Eating Out
Week 11	<u>July 28, 2022</u>	Talk Back to Negative Thoughts
Week 12	<u>August 4, 2022</u>	The Slippery Slope of Lifestyle Change
Week 13	<u>August 11, 2022</u>	Jump Start Your Activity Plan
Week 14	<u>August 18, 2022</u>	Make Social Cues Work for You
Week 15	<u>August 25, 2022</u>	You Can Manage Stress
Week 16	<u>September 8, 2022</u>	Ways to Stay Motivated
Monthly 1	<u>October 6, 2022</u>	Heart Health
Monthly 2	<u>November 3, 2022</u>	Healthy Eating- Taking it One Meal at a Time
Monthly 3	<u>December 1, 2022</u>	Balance Your Thoughts
Monthly 4	<u>January 5, 2023</u>	Handling Holidays and Special Events
Monthly 5	<u>February 2, 2023</u>	Preventing Relapse
Monthly 6	<u>March 2, 2023</u>	Staying on Top of Physical Activity
Monthly 7	<u>April 6, 2023</u>	More Volume Fewer Calories
Monthly 8	<u>May 4, 2023</u>	Prevent Type 2 for Life!