YMCA Diabetes Prevention Program Schedule
Wednesdays 12-1pm
Baldwin 660 (Main Campus)

1. Wednesday, June 6, 2018 12-1pm - **MANDATORY**
   a. Session 0: Participants are introduced to each other and their Lifestyle Coach, expectations of the program are discussed, and paperwork is completed

2. Wednesday, June 13, 2018 12-1pm
   a. Session 1: Welcome to the YMCA’s Diabetes Prevention Program

3. Wednesday, June 20, 2018 12-1pm
   a. Session 2: Be a Fat Detective

4. Wednesday, June 27, 2018 12-1pm
   a. Session 3: Ways to Eat Less Fat

5. Wednesday, July 11, 2018 12-1pm
   a. Session 4: Healthy Eating

6. Wednesday, July 18, 2018 12-1pm
   a. Session 5: Move Those Muscles

7. Wednesday, July 25, 2018 12-1pm
   a. Session 6: Being Active, a Way of Life

8. Wednesday, August 1, 2018 12-1pm
   a. Session 7: Tip the Calorie Balance

9. Wednesday, August 8, 2018 12-1pm
   a. Session 8: Take Charge of What’s Around You

10. Wednesday, August 15, 2018 12-1pm
    a. Session 9: Problem Solving

11. Wednesday, August 22, 2018 12-1pm
    a. Session 10: Four Keys to Healthy Eating Out

12. Wednesday, August 29, 2018 12-1pm
    a. Session 11: Talk Back to Negative Thoughts

13. Wednesday, September 5, 2018 12-1pm
    a. Session 12: The Slippery Slope of Lifestyle Change

Feel Well Questions? Please contact wellness@uc.edu
14. Wednesday, September, 12 2018 12-1pm
   a. Session 13: Jump Start Your Activity Plan

15. Wednesday, September 19, 2018 12-1pm
   a. Session 14: Make Social Cues Work

16. Wednesday, September 26, 2018 12-1pm
   a. Session 15: You Can Manage Stress

17. Wednesday, October 3, 2018 12-1pm
   a. Session 16: Ways to Stay Motivated

18. Wednesday, October 17, 2018 12-1pm
   a. Session 17: Eating to Prevent Diabetes: Ways to Plan Ahead

19. Wednesday, October 31, 2018 12-1pm
   a. Session 18: Staying Motivated to Keep Physically Active

20. Wednesday, November 14, 2018 12-1pm
   a. Session 19: Maintaining Your Healthy Lifestyle

21. Wednesday, December 5, 2018 12-1pm
   a. Session 20: Preventing Relapse

22. Wednesday, January 9, 2019 12-1pm
   a. Session 21: Handling Holidays, Vacations, and Special Events

23. Wednesday, February 6, 2019 12-1pm
   a. Session 22: Lifestyle Physical Activity

24. Wednesday, March 6, 2019 12-1pm
   a. Session 23: Healthy Cooking- Tips on Food Preparation and Recipe Modification

25. Wednesday, April 3, 2019 12-1pm
   a. Session 24: Variety and Balance in Your Dietary Intake

26. Wednesday, May 1, 2019 12-1pm
   a. Session 25: Maintaining Behavior Changes for Diabetes Prevention