Sessions Dates and Topics:

**All sessions held in University Hall room 244, unless noted below.**


1. Wednesday, Feb. 19, 2020 noon-1 p.m.
   a. Session 0: Participants are introduced to each other and their Lifestyle Coach, expectations of the program are discussed and paperwork completed

2. Wednesday, Feb. 26, 2020 noon-1 p.m.
   a. Session 1: Welcome to the YMCA’s Diabetes Prevention Program

3. Wednesday, Mar. 4, 2020 noon-1 p.m.
   a. Session 2: Be a Fat Detective

4. Wednesday, Mar.11, 2020 noon-1 p.m.
   a. Session 3: Ways to Eat Less Fat

5. Wednesday, Mar. 18, 2020 noon-1 p.m.
   a. Session 4: Healthy Eating

6. Wednesday, Mar. 25, 2020 noon-1 p.m.
   a. Session 5: Move Those Muscles

7. Wednesday, April 1, 2020 noon-1 p.m.
   University Hall room 356
   a. Session 6: Being Active - A Way of Life

8. Wednesday, April 8, 2020 noon-1 p.m.
   University Hall room 450
   a. Session 7: Tip the Calorie Balance

9. Wednesday, April 15, 2020 noon-1 p.m.
   a. Session 8: Take Charge of What’s around You

10. Wednesday, April 22, 2020 noon-1 p.m.
    a. Session 9: Problem Solving

11. Wednesday, April 29, 2020 noon-1 p.m.
    a. Session 10: Four Keys to Healthy Eating Out

12. Wednesday, May 6, 2020 noon-1 p.m.
    a. Session 11: Talk Back to Negative Thoughts
13. Wednesday, May 13, 2020 noon-1 p.m.
   University Hall room 454
   a. Session 12: The Slippery Slope of Lifestyle Change

14. Wednesday, May 20, 2020 noon-1 p.m.
   a. Session 13: Jump Start Your Activity Plan

15. Wednesday, May 27, 2020 noon-1 p.m.
   a. Session 14: Make Social Cues Work for You

16. Wednesday, June 3, 2020 noon-1 p.m.
   a. Session 15: You Can Manage Stress

17. Wednesday, June 17, 2020 noon-1 p.m.
   a. Session 16: Ways to Stay Motivated

18. Wednesday, July 1, 2020 noon-1 p.m.
   a. Session 17: Eating to Prevent Diabetes: Planning Ahead

19. Wednesday, July 15, 2020 noon-1 p.m.
   a. Session 18: Staying Motivated to Keep Being Physically Active

20. Wednesday, July 29, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 19: Maintaining Your Healthy Lifestyle

21. Wednesday, Aug. 26, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 20: Preventing Relapse

22. Wednesday, Sept. 23, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 21: Handling Holidays, Vacations, and Special Events

23. Wednesday, Oct. 21, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 22: Lifestyle Physical Activity

24. Wednesday, Nov. 18, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 23: Healthy Cooking- Tips on Food Preparation and Recipe Modification

25. Wednesday, Dec. 16, 2020 noon-1 p.m.
    University Hall room TBD
    a. Session 24: Variety and Balance in Your Dietary Intake

26. Wednesday, Jan. 13, 2021 noon-1 p.m.
    University Hall room TBD
    a. Session 25: Maintaining Behavior Changes for Diabetes Prevention