Sessions Dates and Topics:

*All sessions held in University Hall room 360 unless noted below.


1. **Tuesday, Jan. 29, 2019 7:30-8:30am**
   a. Session 0: Participants are introduced to each other and their Lifestyle Coach, expectations of the program are discussed and paperwork completed

2. **Tuesday, Feb. 5, 2019 7:30-8:30am (University Hall room 310)**
   a. Session 1: Welcome to the YMCA’s Diabetes Prevention Program

3. **Tuesday, Feb. 12, 2019 7:30-8:30am**
   a. Session 2: Be a Fat Detective

4. **Tuesday, Feb. 19, 2019 7:30-8:30am**
   a. Session 3: Ways to Eat Less Fat

5. **Tuesday, Feb. 26, 2019 7:30-8:30am**
   a. Session 4: Healthy Eating

6. **Tuesday, March 5, 2019 7:30-8:30am**
   a. Session 5: Move Those Muscles

7. **Tuesday, March 12, 2019 7:30-8:30am**
   a. Session 6: Being Active - A Way of Life

8. **Tuesday, March 19, 2019 7:30-8:30am**
   a. Session 7: Tip the Calorie Balance

9. **Tuesday, March 26, 2019 7:30-8:30am**
   a. Session 8: Take Charge of What’s around You

10. **Tuesday, April 2, 2019 7:30am-8:30am**
    a. Session 9: Problem Solving

11. **Tuesday, April 9, 2019 7:30-8:30am**
    a. Session 10: Four Keys to Healthy Eating Out

12. **Tuesday, April 16, 2019 7:30-8:30am**
    a. Session 11: Talk Back to Negative Thoughts

13. **Tuesday, April 23, 2019 7:30-8:30am**
    a. Session 12: The Slippery Slope of Lifestyle Change

14. **Tuesday, April 30, 2019 7:30am-8:30am**
    a. Session 13: Jump Start Your Activity Plan
15. Tuesday, May 7, 2019 7:30-8:30am
   a. Session 14: Make Social Cues Work for You

16. Tuesday, May 14, 2019 7:30-8:30am
   a. Session 15: You Can Manage Stress

17. Tuesday, May 21, 2019 7:30-8:30am
   a. Session 16: Ways to Stay Motivated

18. Tuesday, June 4, 2019 7:30-8:30am
   a. Session 17: Eating to Prevent Diabetes: Planning Ahead

19. Tuesday, June 18, 2019 7:30-8:30am
   a. Session 18: Staying Motivated to Keep Being Physically Active

20. Tuesday, July 2, 2019 7:30-8:30am
   a. Session 19: Maintaining Your Healthy Lifestyle

21. Tuesday, Aug. 6, 2019 7:30-8:30am
   a. Session 20: Preventing Relapse

22. Tuesday, Sept. 3, 2019 7:30-8:30am
   a. Session 21: Handling Holidays, Vacations, and Special Events

23. Tuesday, Oct. 1, 2019 7:30-8:30am
   a. Session 22: Lifestyle Physical Activity

24. Tuesday, Nov. 5, 2019 7:30-8:30am
   a. Session 23: Healthy Cooking- Tips on Food Preparation and Recipe Modification

25. Tuesday, Dec. 3, 2019 7:30-8:30am
   a. Session 24: Variety and Balance in Your Dietary Intake

26. Tuesday, Jan. 7, 2019 7:30-8:30am
   a. Session 25: Maintaining Behavior Changes for Diabetes Prevention