



HCPH Diabetes Prevention Program

Location: Heritage Hall Senior Center
2022-2023 Class Schedule

Class time: 11 AM- 12:30AM | Day of Week WEDNESDAY

August 2022

8/24 Introduction To Program
8/31 Get Active to Prevent T2

October 2022

10/5 Energy In, Energy Out
10/12 Eating to Support Your Health Goals
10/19 Manage Stress
10/26 Eat Well Away From Home

December 2022

12/7 Get Support
12/14 Stay Motivated to Prevent Type 2

February 2023

2/8 Cooking Demonstration
2/22 Physical Activity

April 2023

4/5 Get Back on Track

June 2023

6/7 Get Enough Sleep

September 2022

9/7 Track Your Activity
9/14 Eat Well to Prevent T2
9/21 Track Your Food
9/28 Get More Active

November 2022

11/2 Managing Triggers
11/9 Stay Active to Prevent Type 2
11/16 Take Charge of Your Thoughts
11/30 Get Back On Track

January 2023

1/11 Grocery Store Tour
1/25 How to Read Nutrition Labels

March 2023

3/8 When Weight Loss Stalls
3/22 Take a Movement Break

May 2023

5/3 More About Carbs

July 2023

7/5 Prevent T2 for Life

