PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Session Schedule – Cohort 3

ALL SESSIONS HELD ON ZOOM

APRIL 2027
6 p.m. - 7 p.m. every Tuesday

April 6, 2027 - Meet & Greet
April 13, 2027 - Module 1 Introduction to PT2 Program
April 20, 2027 - Module 2 Get Active to Prevent Type 2
April 27, 2027 - Module 3 Track Your Activity

MAY 2027
6 p.m. - 7 p.m. every Tuesday

May 4, 2027 - Module 4 Eat Well to Prevent Type 2
May 11, 2027 - Module 5 Track Your Food
May 18, 2027 - Module 6 Get More Active
0May 25, 2027 - Module 7 Energy In, Energy Out

JUNE 2027
6 p.m. - 7 p.m. every Tuesday

June 1, 2027 - Module 8 Eat to Support Your Health Goals
June 8, 2027 - Module 9 Manage Stress
June 15, 2027 - Module 10 Eat Well Away from Home
June 22, 2027 - Module 11 Manage Triggers
June 29, 2027 - Module 12 Stay Active to Prevent Type 2

JULY 2027
6 p.m. - 7 p.m. every Tuesday

July 6, 2027 - Module 13 Take Charge of Your Thoughts
July 13, 2027 - Module 14 Get Back on Track
July 20, 2027 - Module 15 Get Support
July 27, 2027 - Module 16 Stay Motivated to Prevent Type 2

AUGUST 2027–MAY 2028
Monthly* (6 p.m. - 7 p.m. every third Tuesday)
*Must complete 6 out of 10 modules

Aug. 27, 2027 - Module 17 When Weight Loss Stalls
Sept. 14, 2027 - Module 18 Take a Movement Break
Oct. 12, 2027 - Module 19 Keep Your Heart Healthy
Nov. 16, 2027 - Module 20 Shop & Cook to Prevent Type 2
Dec. 14, 2027- Module 21 Find Time for Physical Activity
Jan. 12, 2028 - Module 22 Get Enough Sleep
Feb. 16, 2028 - Module 23 Stay Active Away from Home
March 16, 2028 - Module 24 More About Type 2
April 13, 2028 - Module 25 More About Carbs
May 11, 2028 - Module 26 Prevent Type 2 for Life!

REGISTER HERE
https://url.uog.edu/preventT2

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UNIVERSITY OF GUAM LAND GRANT EXTENSION SERVICE

USDA

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