PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Session Schedule – Cohort 2

FEBRUARY 2027
10 a.m. - 11 a.m. every Thursday

Feb. 4, 2027 - Meet & Greet
Feb. 11, 2027 - Module 1 Introduction to PT2 Program
Feb. 18, 2027 - Module 2 Get Active to Prevent Type 2
Feb. 25, 2027 - Module 3 Track Your Activity

MARCH 2027
10 a.m. - 11 a.m. every Thursday

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

APRIL 2027
10 a.m. - 11 a.m. every Thursday

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

MAY 2027
10 a.m. - 11 a.m. every Thursday

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

JUNE 2027–MARCH 2028
Monthly* (10 a.m. - 11 a.m. every third Thursday)
*Must complete 6 out of 10 modules

June 17, 2027- Module 17 When Weight Loss Stalls
July 15, 2027- Module 18 Take a Movement Break
Aug. 19, 2027- Module 19 Keep Your Heart Healthy
Sept. 16, 2027- Module 20 Shop & Cook to Prevent Type 2
Oct. 14, 2027- Module 21 Find Time for Physical Activity
Nov. 18, 2027- Module 22 Get Enough Sleep
Dec. 16, 2027- Module 23 Stay Active Away from Home
Jan. 20, 2028- Module 24 More About Type 2
Feb. 17, 2028- Module 25 More About Carbs
March 16, 2028- Module 26 Prevent Type 2 for Life!

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

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