PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Session Schedule – Cohort 1

DECEMBER 2026
Every Wednesday

Dec. 2, 2026 - Meet & Greet
Dec. 9, 2026 - Module 1 Introduction to PT2 Program
Dec. 16, 2026 - Module 2 Get Active to Prevent Type 2
Dec. 23, 2026 - Module 3 Track Your Activity
Dec. 30, 2026 - Module 4 Eat Well to Prevent Type 2

JANUARY 2027
Every Wednesday

Jan. 6, 2027 - Module 5 Track Your Food
Jan. 13, 2027- Module 6 Get More Active
Jan. 20, 2027 - Module 7 Energy In, Energy Out
Jan. 27, 2027- Module 8 Eat to Support Your Health Goals

FEBRUARY 2027
Every Wednesday

Feb. 3, 2027 - Module 9 Manage Stress
Feb. 10, 2027 - Module 10 Eat Well Away from Home
Feb. 17, 2027 - Module 11 Manage Triggers
Feb. 24, 2027 - Module 12 Stay Active to Prevent Type 2

MARCH 2027
Every Wednesday

March 3, 2027- Module 13 Take Charge of Your Thoughts
March 10, 2027 - Module 14 Get Back on Track
March 17, 2027 - Module 15 Get Support
March 24, 2027 - Module 16 Stay Motivated to Prevent Type 2

APRIL 2027–JANUARY 2028
Monthly* (every third Wednesday)
*Must complete 6 out of 10 modules

April 14, 2027 - Module 17 When Weight Loss Stalls
May 12, 2027 - Module 18 Take a Movement Break
June 16, 2027 - Module 19 Keep Your Heart Healthy
July 14, 2027 - Module 20 Shop & Cook to Prevent Type 2
Aug. 2, 2027 - Module 21 Find Time for Physical Activity
Sept. 15, 2027 - Module 22 Get Enough Sleep
Oct. 13, 2027 - Module 23 Stay Active Away from Home
Nov. 17, 2027 - Module 24 More About Type 2
Dec. 15, 2027 - Module 25 More About Carbs
Jan. 19, 2028 - Module 26 Prevent Type 2 for Life!

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

MORE INFO: Elaine de Leon | deleone7367@triton.uog.edu | (671) 735-2020
Chesley Anne Roque | roquec5793@triton.uog.edu



UNIVERSITY OF GUAM LAND GRANT EXTENSION SERVICE

USDA

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