

LOSE TO WIN

Spring 2021 Schedule

Tuesdays, 11:30 a.m. - 1 p.m. via Zoom

CLASS SCHEDULE

DATE

PROGRAM OVERVIEW AND INTRODUCTIONS TO THE PROGRAM	Jan. 19
GET ACTIVE TO PREVENT T2	Jan. 26
TAKE CHARGE OF YOUR THOUGHTS	Feb. 2
TRACK YOUR FOOD	Feb. 9
TRACK YOUR ACTIVITY	Feb. 16
EAT WELL TO PREVENT T2	Feb. 23
MANAGE STRESS	March 2
BURN MORE CALORIES THAN YOU TAKE IN	March 9
SHOP AND COOK TO PREVENT T2 (COOKING DEMO)	March 16
GET MORE ACTIVE	March 23
COPE WITH TRIGGERS	March 30
GET SUPPORT	April 6
KEEP YOUR HEART HEALTHY (COOKING DEMO)	April 13
FIND TIME FOR FITNESS	April 20
EAT WELL AWAY FROM HOME	April 27
STAY MOTIVATED TO PREVENT T2	May 4
LOSE TO WIN CELEBRATION AND SHARING STORIES	May 11

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THE LOSE TO WIN PROGRAM is actively pursuing to become a Center of Disease and Prevention recognized Diabetes Prevention Program. SCF Health Education is seeking customer-owners to participate in the new program.

WE ARE LOOKING FOR ENGAGED CUSTOMER-OWNERS WHO HAVE ONE OF THE FOLLOWING:

- is overweight.
- has A1C level of 5.7% to 6.4%.
- 45 years of age or older.
- have parent or sibling that has Type 2 diabetes.
- is physically active fewer than three times per week.
- gave birth to a baby that weighed more than 9 pounds.
- had gestational diabetes in a prior pregnancy.

The Lose to Win program is a team effort supported by SCF health educators, dietitians, and behavioral health consultants.

The session starts Jan. 19 and intakes must be completed two weeks prior. If you know a customer-owner who is interested in joining next session, message Brittany Condefer via Cerner with the customer-owners information and which qualification is met for referral to the program.



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