

# LOSE TO WIN

Spring 2022 Schedule

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

## CLASS SCHEDULE

## DATE

WELCOME | PROGRAM OVERVIEW AND INTRODUCTION

Jan. 25

GET ACTIVE TO PREVENT TYPE 2 DIABETES

Feb. 1

TAKE CHARGE OF YOUR THOUGHTS

Feb. 8

TRACK YOUR FOOD

Feb. 15

TRACK YOUR ACTIVITY

Feb. 22

EAT WELL TO PREVENT TYPE 2 DIABETES

March 1

MANAGE STRESS

March 8

BURN MORE CALORIES THAN YOU TAKE IN

March 15

SHOP AND COOK TO PREVENT TYPE 2 DIABETES (COOKING DEMO)

March 22

GET MORE ACTIVE

March 29

COPE WITH TRIGGERS

April 5

GET SUPPORT

April 12

KEEP YOUR HEART HEALTHY (COOKING DEMO)

April 19

FIND TIME FOR FITNESS

April 26

EAT WELL AWAY FROM HOME

May 3

STAY MOTIVATED TO PREVENT TYPE 2 DIABETES

May 10

LOSE TO WIN CELEBRATION AND SHARING STORIES

May 17

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**THE LOSE TO WIN PROGRAM** is in the process of becoming a Centers of Disease Control and Prevention recognized Diabetes Prevention Program. Southcentral Foundation Health Education is seeking customer-owners to participate in the new program.

We are looking for adult customer-owners who are ready to engage in program activities and have one of the following:

- High risk factors for developing Type 2 diabetes.
- A BMI greater than 25.
- Exercise habits that total less than 150 minutes per week.

Lose to Win is a year long, two-session program, designed to provide the guidance and tools to promote positive lifestyle changes among participants. This is a team effort, supported by SCF health educators, dietitians, and behavioral health consultants.

The session starts Jan. 25 and intakes must be completed by Jan. 14. If you or a customer-owner you know are interested in joining the next session, email the Lose to Win team at [scflosetowin@SouthcentralFoundation.com](mailto:scflosetowin@SouthcentralFoundation.com) or call Health Education at (907) 729-2689 with the customer-owner's information and which qualification is met for referral to the program.



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