

# LOSE to WIN

2022 Schedule

Tuesdays, Noon - 1 p.m. via Zoom

## CLASS SCHEDULE

## DATE

WELCOME | PROGRAM OVERVIEW AND INTRODUCTION

Aug. 2

GET ACTIVE TO PREVENT TYPE 2 DIABETES

Aug. 9

TAKE CHARGE OF YOUR THOUGHTS

Aug. 16

TRACK YOUR FOOD

Aug. 23

TRACK YOUR ACTIVITY

Aug. 30

EAT WELL TO PREVENT TYPE 2 DIABETES

Sept. 6

MANAGE STRESS

Sept. 13

ENERGY IN, ENERGY OUT

Sept. 20

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

Sept. 27

GET MORE ACTIVE

Oct. 4

MANAGING TRIGGERS

Oct. 11

GET SUPPORT

Oct. 18

KEEP YOUR HEART HEALTHY (COOKING DEMO)

Oct. 25

FIND TIME FOR PHYSICAL ACTIVITY

Nov. 1

EAT WELL AWAY FROM HOME

Nov. 8

STAY MOTIVATED TO PREVENT TYPE 2 DIABETES

Nov. 15

LOSE TO WIN CELEBRATION AND SHARING STORIES

Nov. 22

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**THE LOSE TO WIN PROGRAM** is in the process of becoming a Centers for 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 yearlong, 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, behavioral health consultants, and exercise physiologists.

The session starts Aug. 2 and intakes must be completed by July 29. 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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