

# LOSE to WIN

2024 Schedule



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

CLASS	Date
WELCOME PROGRAM OVERVIEW AND INTRODUCTION	Jan. 23
GET ACTIVE TO PREVENT TYPE 2 DIABETES	Jan. 30
TRACK YOUR ACTIVITY	Feb. 6
EAT WELL TO PREVENT TYPE 2 DIABETES	Feb. 13
TRACK YOUR FOOD	Feb. 20
GET MORE ACTIVE	Feb. 27
ENERGY IN, ENERGY OUT	March 5
EATING TO SUPPORT YOUR HEALTH GOALS	March 12
MANAGE STRESS	March 19
EATING WELL AWAY FROM HOME	March 26
MANAGING TRIGGERS	April 2
STAY ACTIVE TO PREVENT TYPE 2 DIABETES	April 9
TAKE CHARGE OF YOUR THOUGHTS	April 16
GET BACK ON TRACK	April 23
GET SUPPORT	April 30
STAY MOTIVATED TO PREVENT TYPE 2 DIABETES	May 7

## SESSION 2: Wednesdays, Noon-1 p.m. via Zoom

WHEN WEIGHT LOSS STALLS	June 5
STAY ACTIVE AWAY FROM HOME	July 24
SHOP AND COOK TO PREVENT TYPE 2 DIABETES	Aug. 21
TAKE A MOVEMENT BREAK	Sept. 18
HEART HEALTHY	Oct. 23
PREVENT TYPE 2 DIABETES CELEBRATION	Nov. 6

Follow these instructions to join the Zoom meeting. Visit: [bit.ly/3nYTwm3](https://bit.ly/3nYTwm3)  
Use the meeting ID: **987 2163 4738** | Enter the passcode: **HealthEd!**



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**The Lose to Win Program** is an evidence-based diabetes prevention program that focuses on healthy lifestyle changes. Southcentral Foundation Health Education is seeking customer-owners to participate in the 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
- Not currently pregnant

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 Jan. 23, intakes begin Nov. 20, and must be completed by Jan. 18. 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 SCF Health Education at (907) 729-2689 with the customer-owner's information and which qualifications are met for referral to the program.



Scan this QR code  
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learning circle.