



# LOSE to WIN

## 2023 Schedule

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

CLASS	Date
WELCOME PROGRAM OVERVIEW AND INTRODUCTION	Jan. 17
GET ACTIVE TO PREVENT TYPE 2 DIABETES	Jan. 24
TRACK YOUR ACTIVITY	Jan. 31
EAT WELL TO PREVENT TYPE 2 DIABETES	Feb. 7
TRACK YOUR FOOD	Feb. 14
GET MORE ACTIVE	Feb. 21
ENERGY IN, ENERGY OUT	Feb. 28
EATING TO SUPPORT YOUR HEALTH GOALS	March 7
MANAGE STRESS	March 14
EATING WELL AWAY FROM HOME	March 21
MANAGING TRIGGERS	March 28
STAY ACTIVE TO PREVENT TYPE 2	April 4
TAKE CHARGE OF YOUR THOUGHTS	April 11
GET BACK ON TRACK	April 18
GET SUPPORT	April 25
STAY MOTIVATED TO PREVENT TYPE 2 DIABETES	May 2

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

WHEN WEIGHT LOSS STALLS	May 31
STAY ACTIVE AWAY FROM HOME	June 28
SHOP AND COOK TO PREVENT TYPE 2 DIABETES	July 26
TAKE A MOVEMENT BREAK	Aug. 23
HEART HEALTHY	Sept. 20
PREVENT TYPE 2 DIABETES CELEBRATION	Oct. 4

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 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.
- 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. 17 and intakes will begin Nov. 28 and must be completed by Jan. 6. 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.



Scan this QR code  
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learning circle.