LOSE to WIN

2023 Schedule

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

Class	Date
Welcome Program Overview and Introduction	Aug. 1
Get Active to Prevent Type 2 Diabetes	Aug. 8
Track Your Activity	Aug. 15
Eat Well to Prevent Type 2 Diabetes	Aug. 22
Track Your Food	Aug. 29
Get More Active	Sept. 5
Energy in, Energy Out	Sept. 12
Eating to Support Your Health Goals	Sept. 19
Manage Stress	Sept. 26
Eating Well Away From Home	Oct. 3
Managing Triggers	Oct. 10
Stay Active to Prevent Type 2 Diabetes	Oct. 17
Take Charge of Your Thoughts	Oct. 24
Get Back on Track	Oct. 31
Get Support	Nov. 7
Stay Motivated to Prevent Type 2 Diabetes	Nov. 14

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

When Weight Loss Stalls	Jan. 10
Stay Active Away From Home	Feb. 7
Shop and Cook to Prevent Type 2 Diabetes	March 6
Take a Movement Break	April 3
Heart Healthy	May 8
Prevent Type 2 Diabetes Celebration	June 5

Follow these instructions to join the Zoom meeting. Visit: bit.ly/3nYTwm3
Use the meeting ID: 987 2163 4738 | Enter the passcode: HealthEd1!

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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 Aug. 1, intakes begin June 26, and must be completed by July 21. 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 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 to join the SCF learning circle.