

LOSE to WIN

2026 Schedule



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

CLASS	DATE
Welcome Program Overview and Introduction	Jan. 27
Get Active to Prevent Type 2 Diabetes	Feb. 3
Track Your Activity	Feb. 10
Eat Well to Prevent Type 2 Diabetes	Feb. 17
Track Your Food	Feb. 24
Get More Active	March 3
Energy In, Energy Out	March 10
Eating to Support Your Health Goals	March 17
Manage Stress	March 24
Eating Well Away From Home	March 31
Managing Triggers	April 7
Stay Active to Prevent Type 2 Diabetes	April 14
Take Charge of Your Thoughts	April 21
Get Back on Track with Support	April 28
Stay Motivated to Prevent Type 2 Diabetes	May 5
Prevent Type 2 Diabetes Celebration	May 12



Classes are held in the Yagheli Shesh Qenq'a Anchorage Native Primary Care Center Learning Kitchen. If you are unable to attend in-person, we offer a virtual option on Microsoft Teams. Follow these instructions to join the meeting.

[Join the meeting now.](#)

Meeting ID: 234 509 175 569 4 Passcode: 38XE9fB3

Dial in by phone 907-290-5895,52851551# United States, Anchorage or 833-795-5413,,152851551# United States (Toll-free)

Phone conference ID: 152 851 551#

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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 16-week program designed to provide 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. 27, intakes begin Jan. 5, and must be completed by Jan. 23. If you or a customer-owner you know are interested in joining the next session, email the Lose to Win team at scflostowin@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.**

