

# Diabetes Prevention Program

Tuesdays at 6:30 PM

Date	Prevent T2 Curriculum
Core Sessions	
September 28, 2021	1: Introduction to the Program
October 5 , 2021	2: Get Active to Prevent T2
October 12, 2021	3: Track Your Activity
October 19, 2021	4: Eat Well to Prevent T2
October 26, 2021	5: Track your Food
November 2, 2021	6: Get More Active
November 9, 2021	7: Burn More Calories than You Take In
November 23, 2021	8: Shop and Cook to Prevent T2
December 7, 2021	9: Manage Stress
December 21, 2021	10: Find Time for Fitness
January 4 , 2022	11: Cope with Triggers
January 18, 2022	12: Keep Your Heart Healthy
February 1, 2022	13: Take Charge of Your Thoughts
February 15, 2022	14: Get Support
March 1, 2022	15: Eat Well Away from Home
March 15, 2022	16: Stay Motivated to Prevent T2
Maintenance Sessions	
April 12, 2022	17: Take a Fitness Break
May 10, 2022	18: Stay Active to Prevent T2
June 7, 2022	19: Have Healthy Food You Enjoy
July 12, 2022	20: Get Enough Sleep
August 2, 2022	21: Get Back on Track
August 30, 2022	22: Prevent T2 – for Life!

NOTE: This is a sample schedule. Participants meet in neighborhood-based groups 22 times over the course of a year. Sessions are currently held in a distance-learning format over Zoom. We aim to be back in person as soon as possible.

To register please contact our offices via phone (650) 656-9856 or email [coach@firstmilecare.com](mailto:coach@firstmilecare.com) for more email, including your location and a contact phone number so that we can find a group that best fits you!