

Cottage Hospitals Prevent T2

Program Meeting Schedule

On-Line Platform via ZOOM- Thursday evenings-6-7pm

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DATE	SESSION NAME	Session Teacher
<b>WEEKLY</b>		
1/7/21	Introduction- Program Overview- Open Enrollment	
1/14/21	Get active to prevent T2	
1/21/21	Track your activity	
1/28/21	Eat well to prevent T2	
2/4/21	Track your food	
2/11/21	Get more active	
2/18/21	Burn more calories than you take in	
2/25/21	Shop and cook to prevent T2	
3/4/21	Manage Stress	
3/11/21	Find time for fitness	
3/18/21	Cope with triggers	
3/25/21	Keep your heart healthy	
4/1/21	Take charge of your thoughts	
4/8/21	Get support	
4/15/21	Eat well away from home	
4/22/21	Stay motivated to prevent T2	
<b>BI WEEKLY</b>		
5/6/21	When weight loss stalls	
5/20/21	Take a fitness break	
6/3/21	Stay Active to Prevent T2	
6/17/21	Stay active away from home	
7/1/21	More about T2	
7/15/21	More about carbs	
<b>MONHTLY</b>		
8/19/21	Have healthy food you enjoy	
9/16/21	Get enough sleep	
10/14/21	Get back on track	
11/18/21	Prevent T2 for life	
12/16/21	Program completion- certificates awarded	