



UT Tyler
THE UNIVERSITY OF TEXAS AT TYLER

Diabetes Prevention Program Workshops

Small changes make a big difference

Making modest changes to your diet and activity level can have a significant impact on your health. Losing just 5–7% of your weight—10 to 14 pounds for a 200-pound person—has been proven to decrease the risk of developing Type 2 diabetes by 58%.



Stop smoking



Control cholesterol



Manage blood pressure



Eat better

READY TO GET STARTED?

Call or email us to register.



Get active



Stay on track when eating out



Reduce blood sugar



Lose weight



Manage stress

Visit our website to learn about other services we offer,
www.uthct.edu/lifestyle-change-programs.

lifestylechangeprograms@uthct.edu | (903) 877-1436



Diabetes Prevention Program Workshops

Attendance to all or most workshops is required in order to complete the program.

Workshop	Workshop Dates
0- Discovery Session	2/24/2023
1- Introduction to the Program	3/3/2023
2- Get Active to Prevent T2	3/10/2023
3- Track Your Activity	3/17/2023
4- Eat Well to Prevent T2 <i>Last Chance to join series</i>	3/24/2023
5- Track Your Food	3/31/2023
6- Get More Active	4/7/2023
7- Energy In, Energy Out	4/14/2023
8- Eating To Support Your Health Goals	4/21/2023
Reset	4/28/2023
9- Manage Stress	5/5/2023
10- Eat Well Away From Home	5/12/2023
11- Managing Triggers	5/19/2023
12- Stay Active To Prevent Type 2	5/26/2023
Reset	6/2/2023
13- Take Charge of Your Thoughts	6/16/2023
14- Get Back on Track	6/30/2023
15- Get Support	7/21/2023
16- Stay Motivated to Prevent T2	8/4/2023
Make-Up	8/18/2023
Reset/Nutrition Activity	9/1/2023

Workshop	Workshop Dates
17-When Weight Loss Stalls	9/15/2023
18-Take A Movement Break	9/29/2023
19-Keep Your Heart Healthy	10/13/2023
20-Shop and Cook To Prevent	10/27/2023
21-Find Time for Physical Activity	11/10/2023
22-Get Enough Sleep	12/1/2023
23-Stay Active Away From Home	12/15/2023
24-More About Type 2	1/5/2024
25-More About Carbs	2/2/2024
26-Prevent T2 – For Life and Graduation!	3/8/2024

Day	Time
Fridays	Noon – 1:00 p.m.

SilverLeaf Senior Apartments

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