



Prairie Band Potawatomi Nation Diabetes Prevention Program

Starting

July 18, 2018 12:00—1:00 PM

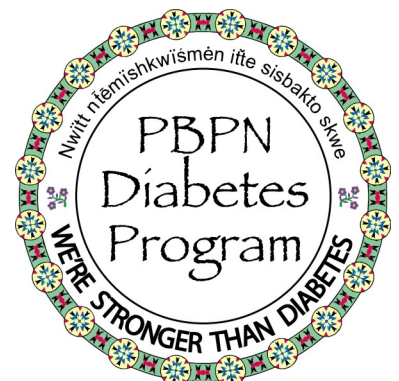
July 19, 2018 5:00—6:00 PM

PBPN Diabetes Program Conference Room

The fall session of classes for the Diabetes Prevention Program will start July 18, 2018 (noon class) or July 19, 2018 (evening class) for individuals with prediabetes. Our classes will assist you in learning new lifestyle changes to make to prevent or delay diabetes. We are excited to hear from you so call us to learn more about our classes.

For More Information please call:

Robbie Lange	966-8271
Kathy Sterbenz, RN	966-8207
Nicole Debus, RD	966-9243
Matt Waits, Personal Trainer	966-8207



Group Lifestyle Balance Class Schedule

	Wednesday 12:00—1:00 PM	Thursday 5:00—6:00 PM
Welcome	July 18, 2018	July 19, 2018
Be a Fat and Calorie Detective	July 25, 2018	July 26, 2018
3 Ways to Eat Less Fat and Fewer Calories	August 1, 2018	August 2, 2018
Healthy Eating	August 8, 2018	August 9, 2018
Move Those Muscles	August 15, 2018	August 16, 2018
Being Active — A Way of Life	August 22, 2018	August 23, 2018
Tip the Calorie Balance	August 29, 2018	August 30, 2018
Take Charge of What's Around You	September 5, 2018	September 6, 2018
Lifestyle Coaching	September 12, 2018	September 13, 2018
Problem Solving	September 19, 2018	September 20, 2018
Four Keys to Healthy Eating Out	September 26, 2018	September 27, 2018
Talk Back to Negative Thoughts	October 3, 2018	October 4, 2018
Slippery Slope of Lifestyle Change	October 10, 2018	October 11, 2018
Jump Start Your Activity Plan	October 17, 2018	October 18, 2018
Make Social Cues Work for You	October 24, 2018	October 25, 2018
Lifestyle Coaching	October 31, 2018	November 1, 2018
You Can Manage Stress	November 7, 2018	November 8, 2018
Ways to Stay Motivated	November 14, 2018	November 15, 2018