



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	Workshop	Workshop Dates
0- Discovery Session	4/27/2023	17- When Weight Loss Stalls	11/16/2023
1- Introduction to the Program	5/4/2023	18- Take A Movement Break	11/30/2023
2- Get Active to Prevent T2	5/11/2023	19- Keep Your Heart Healthy	12/14/2023
3- Track Your Activity	5/18/2023	20- Shop and Cook To Prevent	12/28/2023
4- Eat Well to Prevent T2 Last Chance to join series	5/25/2023	21- Find Time for Physical Activity	1/11/2024
5- Track Your Food	6/1/2023	22- Get Enough Sleep	1/25/2024
6- Get More Active	6/8/2023	23- Stay Active Away From Home	2/8/2024
7- Energy In, Energy Out	6/15/2023	24- More About Type 2	2/29/2024
8- Eating To Support Your Health Goals	6/22/2023	25- More About Carbs	4/4/2024
Reset	6/29/2023	26- Prevent T2 – For Life and Graduation!	5/9/2024
9- Manage Stress	7/6/2023		
10- Eat Well Away From Home	7/20/2023		
11- Managing Triggers	7/27/2023		
12- Stay Active To Prevent Type 2	8/3/2023		
Reset	8/10/2023		
13- Take Charge of Your Thoughts	8/24/2023		
14- Get Back on Track	9/7/2023		
15- Get Support	9/21/2023		
16- Stay Motivated to Prevent T2	10/5/2023		
Make-Up	10/19/2023		
Reset/Nutrition Activity	11/2/2023		

Day	Time
Thursdays	2:00 p.m. – 3:00 p.m.

Lakeview Senior Apartments
3650 N. Broadway Ave,
Tyler, Texas 75702

