

Lifestyle Balance Schedule 2020

Tuesdays 10:00 - 11:00 a.m. Umbach Room	Date	Session	Topic	WHO
Feb	4	Session One: Introduction and Welcome	Welcome / Introduction to program: Goals, Food Logs, Measurements - Program Overview, Exercise	Sandy, Cathy,
Feb	11	Session Two	Get Active to Prevent T2	Cathy, Sandy
Feb	18	Session Three	Track Your Activity	Sandy, Cathy
Feb	5	Session Four	Eat Well to Prevent T2	Cathy, Sandy
Mar	3	Session Five	Track Your Food	Sandy, Cathy
Mar	10	Session Six	Get More Active	Cathy, Sandy
Mar	17	Session Seven	Burn More Calories Than You Take In	Sandy, Cathy
Mar	24	Session Eight	Shop and Cook to Prevent T2	Cathy, Sandy
Mar	31	Session Nine	Manage Stress	Sandy, Cathy
Apr	7	Session Ten	Find Time for Fitness	Cathy, Sandy
Apr	14	Session Eleven	Cope With Triggers	Sandy, Cathy
Apr	21	Session Twelve	Keep Your Heart Healthy	Cathy, Sandy
Apr	28	Session Thirteen	Take Charge of Your Thoughts	Sandy, Cathy
May	5	Session Fourteen	Get Support	Cathy, Sandy
May	12	Session Fifteen	Eat Well Away From Home	Sandy, Cathy
May	19	Session Sixteen	When Weight Loss Stalls	Cathy, Sandy
May	9	Check in Day		

Contact information:
Cathy - 609-2867
Sandy - 609 - 2087

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June	2	Post Core 1	Take a Fitness Break	Sandy, Cathy
June	9	Check in Day		
June	16	Post Core 2	Stay Active to Prevent T2	Cathy, Sandy
June	23	Check in Day		
June	30	Post Core 3	Stay Active Away From Home	Sandy, Cathy
July	7	Check in Day		
July	14	Post Core 4	More About T2	Cathy, Sandy
July	21	Check in Day		
July	28	Post Core 5	Outdoor Workout: Location TBD	Sandra
Aug	4	Check in Day		
Aug	11	Post Core 6	Stay Motivated to Prevent T2	Sandy, Cathy
	18	Check in Day		
Aug	25	Post Core 7	More about Carbs	Cathy, Sandy
Sept	1	Check in Day		
Sept	8	Post Core 8	Have Healthy Food You Enjoy	Sandy, Cathy
Sept	15	Check in Day		
Sept	22	Post Core 9	Get Enough Sleep	Cathy, Sandy
Sept	29	Check in Day		
Oct	6	Post Core 10	Get Back on Track	Sandy, Cathy
Oct	13	Check in Day		
Oct	20	Post Core 11	Prevent T2 - For Life	Cathy, Sandy
Oct	27	Check in Day		

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Nov	3	Last Day	Looking Back; Looking Forward and Congratulations	The Whole Team...
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