



NPO Distance Learning DPP #2 Session Schedule

Location: Sessions are hosted online via **Habit Nu** in zoom like meetings supplemented by videos and chats through the app to keep you motivated during the time between meetings.

- Details for how to join this session will be provided via email if you would like to join to find out more.

When: Wednesdays from 7:00 – 8:00 pm
An introductory session will be held March 24th, 2021 to make sure you are aware of what the program is, the commitment it takes to succeed and confirm that you are ready to participate

- Program will meet weekly for roughly the first 3 months.
- Every other week for the next 3 months
- Then monthly for the remaining 6 months

Session Dates:

March 24th, 2021 – Introduction Session

1. April 7th, 2021 – First meeting
2. April 14th, 2021
3. April 21st, 2021
4. April 28th, 2021
5. May 5th, 2021
6. May 12th, 2021
7. May 19th, 2021
8. May 26th, 2021
9. June 2nd, 2021
10. June 9th, 2021
11. June 23rd, 2021
12. July 7th, 2021
13. July 21st, 2021
14. August 4th, 2021
15. August 18th, 2021
16. September 1st, 2021
17. September 22nd, 2021
18. October 6th, 2021
19. November 10th, 2021
20. December 8th, 2021
21. January 5th, 2021
22. February 9th, 2021
23. March 2nd, 2021

Engagement Impacts Success

This is a commitment that changes your health and wellbeing. Success is greatly affected by how much you choose to engage in the program. It is expected that participants will watch weekly videos, engage in the discussions, and attend at least 80% of sessions.

Making the most of this program by engaging in the online discussions, weekly short videos and discussions with your coach will help you make those changes that reduce your risk of Type 2 Diabetes
