

# LOSE to WIN

2024 Schedule



Tuesdays, 11:30 a.m.-1 p.m.

CLASS	DATE
Welcome Program Overview and Introduction	Aug. 6
Get Active to Prevent Type 2 Diabetes	Aug. 13
Track Your Activity	Aug. 20
Eat Well to Prevent Type 2 Diabetes	Aug. 27
Track Your Food	Sept. 3
Get More Active	Sept. 10
Energy in, Energy Out	Sept. 17
Eating to Support Your Health Goals	Sept. 24
Manage Stress	Oct. 1
Eating Well Away From Home	Oct. 8
Managing Triggers	Oct. 15
Stay Active to Prevent Type 2 Diabetes	Oct. 22
Take Charge of Your Thoughts	Oct. 29
Get Back on Track	Nov. 5
Get Support	Nov. 12
Stay Motivated to Prevent Type 2 Diabetes	Nov. 19
Prevent Type 2 Diabetes Celebration	Dec. 3



Classes are held in the Anchorage Native Primary Care Center Learning Kitchen. If you are unable to attend in-person, we offer a virtual option on Zoom. Follow these instructions to join the Zoom meeting. Visit: [bit.ly/3nYTwm3](https://bit.ly/3nYTwm3)  
Use the meeting ID: 987 2163 4738 | Enter the passcode: HealthEd!!

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**THE LOSE TO WIN PROGRAM** is an evidence-based diabetes prevention program that focuses on healthy lifestyle changes. Southcentral Foundation Health Education is seeking customer-owners to participate in the program.

**We are looking for adult customer-owners who are ready to engage in program activities and have one of the following:**

- High risk factors for developing Type 2 diabetes.
- A BMI greater than 25.
- Exercise habits that total less than 150 minutes per week.
- Not currently pregnant.

Lose to Win is a 17-week program designed to provide guidance and tools to promote positive lifestyle changes among participants. This is a team effort, supported by SCF health educators, dietitians, behavioral health consultants, and exercise physiologists.

The session starts Aug. 6, intakes begin July 8, and must be completed by Aug. 1. If you or a customer-owner you know are interested in joining the next session, email the Lose to Win team at [scflosestowin@southcentralfoundation.com](mailto:scflosestowin@southcentralfoundation.com) or call SCF Health Education at (907) 729-2689 with the customer-owner's information and which qualifications are met for referral to the program.



Scan this QR code  
to join the SCF  
learning circle.