

## **Magna Library Prevent T2 Schedule**

Discovery Session	March 12, 2025
Program Overview and Introduction to the Program	March 19, 2025
Get Active to Prevent T2	March 26, 2025
Track Your Activity	April 2, 2025
Eat Well to Prevent T2	April 9, 2025
Track Your Food	April 16, 2025
Get More Active	April 23, 2025
Energy In Energy Out	April 30, 2025
Eating to Support Your Health Goals	May 7, 2025
Manage Stress	May 14, 2025
Eat Well Away From Home	May 21, 2025
Managing Triggers	May 28, 2025
Stay Active to Prevent T2	June 11, 2025
Take Charge of Your Thoughts	June 25, 2025
Get Back on Track	July 9, 2025
Get Support	July 23, 2025
Stay Motivated to Prevent T2	August 6, 2025
When Weight Loss Stalls	August 27, 2025
Take a Movement Break	September 10, 2025
Keep Your Heart Healthy	September 24, 2025
Shop and Cook to Prevent T2	October 8, 2025
Find Time for Physical Activity	October 29, 2025
Get Enough Sleep	November 19, 2025
Stay Active Away From Home	December 17, 2025
More About Type 2	January 14, 2026
More About Carbs	February 18, 2025
Prevent T2 – For Life	March 11, 2025