

GROUP LIFESTYLE BALANCE TRAINING WORKSHOP

Wyndham Pittsburgh University Center

100 Lytton Avenue | Pittsburgh, PA 15213

(412) 682-6200

April 10, 2018

8:30-8:45	Registration and Breakfast	
8:45-9:00	Welcome	Kaye Kramer, DrPH
9:00-9:30	Diabetes Prevention Program (DPP): Background and Rationale	Kaye Kramer, DrPH
9:30-10:45	Rationale and Goals for the Lifestyle Balance Intervention	Beth Venditti, PhD Andrea Kriska, PhD
10:45-11:00	Break	
11:00-11:30	Translating the DPP	Kaye Kramer, DrPH
11:30-12:00	Leading Session 1 “Welcome to the DPP GLB”	Beth Venditti, PhD
12:00-12:30	Leading Session 2 “Be a Calorie Detective” <ul style="list-style-type: none">• Keeping Track Eating Awareness Activity	Linda Semler, MS, RD, LDN
12:30-1:00	Leading Session 3 “Healthy Eating”	Linda Semler, MS, RD, LDN
1:00-1:45	Lunch	
1:45-2:30	Leading Session 4 “Move Those Muscles”	Andrea Kriska, PhD
2:30-3:00	Leading Session 5 “Tip the Calorie Balance” <ul style="list-style-type: none">• Keeping Track Feedback Activity	Linda Semler, MS, RD, LDN
3:00-3:30	Leading Session 6 “Take Charge of What’s Around You”	Beth Venditti, PhD
3:30-3:45	Break	
3:45-4:15	Leading Session 8 “Step Up Your Physical Activity Plan” <ul style="list-style-type: none">• Keeping Track Pedometer Step Awareness Activity	Andrea Kriska, PhD
4:15-4:45	Leading Session 7 “Problem Solving”	Beth Venditti, PhD

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8:30-8:45	Breakfast	
8:45-9:15	Leading Session 9 “Manage Slips and Self-Defeating Thoughts”	Beth Venditti, PhD
9:15-9:45	Leading Session 10 “Four Keys to Healthy Eating Out” • Keeping Track Feedback Activity Discussion	Linda Semler, MS, RD, LDN
9:45-10:15	Leading Session 11 “Make Social Cues Work for You”	Beth Venditti, PhD
10:15-10:45	Leading Session 12 “Ways to Stay Motivated”	Beth Venditti, PhD
10:45-11:00	Break	
11:00-12:00	Post Core Part 1- Nutrition Take Charge of Your Lifestyle Mindful Eating, Mindful Movement More Volume, Fewer Calories Heart Health	Linda Semler, MS, RD, LDN
12:00-1:00	Post Core Part 2-Physical Activity Strengthen Your Physical Activity Plan Sit Less for Your Health Stay Active	Andrea Kriska, PhD
1:00-1:45	Lunch	
1:45-2:30	Post Core Part 3-Behavior Manage Your Stress Balance Your Thoughts Look Back and Look Forward	Beth Venditti, PhD
2:30-4:00	Leading Effective Groups Making GLB Work in Your Setting	Beth Venditti, PhD Kaye Kramer, DrPH
4:00-4:15	Wrap Up	