August 29, 2017

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”  • 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”  • 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 7  “Problem Solving”  Beth Venditti, PhD
4:15-4:45  Leading Session 8  “Step you Your Physical Activity Plan”  • Keeping Track Pedometer Step Awareness Activity  Andrea Kriska, PhD
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8:30-8:45  Breakfast

8:45-9:15  Leading Session 9  Beth Venditti, PhD
“Manage Slips and Self-Defeating Thoughts”

9:15-9:45  Leading Session 10  Linda Semler, MS, RD, LDN
“The Four Keys to Healthy Eating Out”
• Keeping Track Feedback Activity Discussion

9:45-10:15  Leading Session 11  Beth Venditti, PhD
“Make Social Cues Work for You”

10:15-10:45  Leading Session 12  Beth Venditti, PhD
“Ways to Stay Motivated”

10:45-11:00  Break

11:00-12:00  Post Core Part 1-Transitioning and Nutrition  Linda Semler, MS, RD, LDN
Mindful Eating, Mindful Movement
More Volume, Fewer Calories
Heart Health

12:00-1:00  Post Core Part 2-Physical Activity  Andrea Kriska, PhD
Strengthen Your Physical Activity Plan
Sit Less for Your Health
Straight Talk on Posture and Movement

1:00-1:45  Lunch

1:45-2:30  Post Core Part 3-Behavior  Beth Venditti, PhD
Take Charge of Your Lifestyle
Manage Your Stress
Look Back and Look Forward

2:30-4:00  Leading Effective Groups  Beth Venditti, PhD
Making GLB Work in Your Setting  Kaye Kramer, DrPH

4:00-4:15  Wrap Up