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”  
-  Keeping Track Eating Awareness Activity  
Linda Semler, MS, RD, LDN

12:30-1:30  Lunch

1:30-2:00  Leading Session 3  
“Healthy Eating”  
Linda Semler, MS, RD, LDN

2:00-2:45  Leading Session 4  
“Move Those Muscles”  
Andrea Kriska, PhD

2:45-3:15  Leading Session 5  
“Tip the Calorie Balance”  
-  Keeping Track Feedback Activity  
Linda Semler, MS, RD, LDN

3:15-3:45  Leading Session 6  
“Take Charge of What’s Around You”  
Beth Venditti, PhD

3:45-4:00  Break

4:00-4:30  Leading Session 7  
“Problem Solving”  
Beth Venditti, PhD

4:30-5:00  Leading Session 8  
“Step Up Your Physical Activity Plan”  
-  Keeping Track Pedometer Step Awareness Activity  
Andrea Kriska, PhD
April 11, 2018

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
“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- Nutrition  
Linda Semler, MS, RD, LDN
Take Charge of Your Lifestyle
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
Stay Active

1:00-1:45  Lunch

1:45-2:30  Post Core Part 3-Behavior  
Beth Venditti, PhD
Manage Your Stress
Balance Your Thoughts
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