

# Educational Programs

Program	Description	Cost
	<p>“Eat Smart, Move More, Prevent Diabetes is a CDC recognized, 12-month diabetes prevention program based on strategies proven to prevent or delay type 2 diabetes. ONLINE classes are held using Zoom and are fully accessible on a desktop, laptop, smartphone, and tablet. Classes are conducted in an interactive format by a live, trained lifestyle coach. The format of the classes allows you to interact with your instructor and classmates. You will work through challenges together as a group and celebrate each other’s successes. Please <a href="#">click HERE</a> to see an overview of how the program works. Lunchtime and evening classes are available” (Eat Smart Move More, 2023).</p>	<p>\$0 -30</p>
	<p>“Exercise is Medicine® is a comprehensive 12-week medically based program for adults experiencing at-risk chronic health conditions such as hypertension, obesity, hyperlipidemia or hypercholesterolemia. Through EIM®, participants learn how to reduce their risks and improve their overall health by adapting healthy behaviors that include exercise and movement. Upon completion of the 12-week program, participants are encouraged to continue with exercise and healthy lifestyle choices.” This program begins January 16, 2024 and runs Tuesdays &amp; Thursdays from 12-1pm. Requires a signature from PCP (Rowan-Cabarrus YMCA, 2023).</p>	<p>\$75</p>
	<p>“The National Diabetes Prevention Program is a 12-month lifestyle change program available in North Carolina for adults with prediabetes or at high risk for type 2 diabetes who want to lower their risk. Each lesson includes simple steps that you can take to eat healthy and be active. You will leave each lesson feeling empowered and motivated to make changes in your life to prevent diabetes” (DiabetesFreeNC, 2024).</p>	<p>varies</p>
	<p>“If you have prediabetes or other risk factors for Type 2 diabetes, it’s time to take charge of your health. Cabarrus Health Alliance is partnering with health departments, community businesses &amp; organizations to provide Journey to a Healthier Me, using Prevent T2, an evidence-based diabetes prevention program. This lifestyle change intervention can help you make lasting changes to reduce your risk of Type 2 diabetes. Prevent T2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention” (CivicPlus, 2023).</p>	<p>FREE</p>

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	<p>“9-week program that helps individuals and families connect healthy eating and physical activity to their religious or spiritual beliefs. Lessons include moving more, reading food labels, and planning more meals at home. Through group discussions, recipe tasting, and activities, individuals/ families are encouraged to adopt healthy behaviors. Lay leaders are encouraged to work with faith community leadership to adopt at least one policy and environmental support within one year of completing the program” (Healthy Rowan, 2024).</p>	varies
	<p>“Education classes are open to the community throughout the year. Faith communities participating in quarterly CHM Program meetings can submit a request for a specialty education class or program at their congregation to Jenn West, Healthy Rowan Program Manager: <a href="#">Click here</a> or 704-787-1988” (Healthy Rowan, 2024).</p>	
	<p>“Here at Moose Pharmacy, we offer a free 12-month Diabetes Prevention Program. The program is CDC created and has been shown to reduce the risk of developing type 2 diabetes by 58%. A life coach will help focus on healthy eating and physical activity with 1 hour sessions every week and then monthly sessions. Our program will help you develop a better lifestyle. Also stay engaged for a chance to win free prizes! Contact Dr. Kiera Emery at 704-784-9613 for more information” (Moose Pharmacy, 2021).</p>	FREE

# Exercise Resources

Activity Planner

Information About Exercise



Aerobic Activity Brochure & Log

Muscle Strengthening Brochure



Physical Activity Diary



# Healthy Eating Recipes

Healthy Eating Blog

Recipes



Save More

Recipe Bank



Evidence-Based Eating Guide

