



**RUTGERS UNIVERSITY**  
**Family and Community  
Health Sciences**  
New Jersey Agricultural Experiment Station



## 2024-2025 New Jersey Empower to Prevent Program Class Dates

Class Time: 5:30-6:30pm

<b>Date</b>	<b>Class #</b>	<b>Topic</b>
<b>Wednesday, May 8, 2024</b>	<b>1</b>	<b>Introduction to the Program</b>
<b>Wednesday, May 15, 2024</b>	<b>2</b>	<b>Get Active to Prevent T2</b>
<b>Wednesday, May 22, 2024</b>	<b>3</b>	<b>Track Your Activity</b>
<b>Wednesday, May 29, 2024</b>	<b>4</b>	<b>Eat Well to Prevent T2</b>
<b>Wednesday, June 5, 2024</b>	<b>5</b>	<b>Track Your Food</b>
<b>Wednesday, June 12, 2024</b>	<b>6</b>	<b>Get More Active</b>
<b>Wednesday, June 19, 2024</b>	<b>7</b>	<b>Burn More Calories Than You Take In</b>
<b>Wednesday, June 26, 2024</b>	<b>8</b>	<b>Eating to Support Your Health Goals</b>
<b>Wednesday, July 3, 2024</b>	<b>9</b>	<b>Manage Stress</b>
<b>Wednesday, July 10, 2024</b>	<b>10</b>	<b>Eat Well Away From Home</b>
<b>Wednesday, July 17, 2024</b>	<b>11</b>	<b>Managing Triggers</b>
<b>Wednesday, July 24, 2024</b>	<b>12</b>	<b>Stay Active to Prevent T2</b>
<b>Wednesday, July 31, 2024</b>	<b>13</b>	<b>Take Charge of Your Thoughts</b>

<b>Wednesday, August 14, 2024</b>	<b>14</b>	<b>Get Back on Track</b>
<b>Wednesday, August 21, 2024</b>	<b>15</b>	<b>Get Support</b>
<b>Wednesday, August 28, 2024</b>	<b>16</b>	<b>Stay Motivated to Prevent T2</b>
<b>Wednesday, September 11, 2024</b>	<b>17</b>	<b>When Weight Loss Stalls</b>
<b>Wednesday, September 25, 2024</b>	<b>18</b>	<b>Take a Movement Break</b>
<b>Wednesday, October 9, 2024</b>	<b>19</b>	<b>Keep Your Heart Healthy</b>
<b>Wednesday, October 23, 2024</b>	<b>20</b>	<b>Shop &amp; Cook to Prevent T2</b>
<b>Wednesday, November 6, 2024</b>	<b>21</b>	<b>Find Time for Physical Activity</b>
<b>Wednesday, December 4, 2024</b>	<b>22</b>	<b>Get Enough Sleep</b>
<b>Wednesday, January 8, 2025</b>	<b>23</b>	<b>Stay Active Away From Home</b>
<b>Wednesday, February 5, 2025</b>	<b>24</b>	<b>More About T2</b>
<b>Wednesday, April 2, 2025</b>	<b>25</b>	<b>More About Carbs</b>
<b>Wednesday, May 7, 2025</b>	<b>26</b>	<b>Prevent T2-For Life!</b>