

# PATHWAY TO WELLNESS

**\*\*BUDDY SYSTEM FOR BETTER HEALTHY\*\***

**YEAR-LONG PROGRAM**

## Who can sign up?

- Community Members 18+
- Tribal Employees
- People with pre-diabetes
- Caregivers of people with pre-diabetes.



## What is Pathway to Wellness?

- This is the National Diabetes Prevention Program (NDPP) that promotes modest weight loss, healthy eating, and increased physical activity through a 12-month lifestyle change program.
- Virtual and In-person classes will be offered to meet in two sessions for the year. (see schedule below)
- Physical assessments and self-reporting of nutrition intake are required. (done inhouse by DPS Staff)
- Success comes from support; we want you to journey along with your buddy, sign up together!

### Virtual Sessions

**\*\*Limited 10 Buddy's\*\***  
**Wednesdays & Thursdays**  
**from 12:00 pm-1:00 pm**  
**Via TEAMS**

#### First Session:

**Meet two weeks of the month**  
September 3, 2025 to December 11, 2025

#### Second Session:

**Meet the first Wednesday of the month**  
January 7, 2026 to July 1, 2026

Virtual  
Sessions  
Registration



### In-Person Sessions

**\*\*Limited 10 Buddy's\*\***  
**Thursdays**  
**from 5:30 pm-7:30 pm**  
**Ske:g Himdag Ki, Room 247**

#### First Session:

**Meet two weeks of the month**  
September 4, 2025 to December 11, 2025

#### Second Session:

**Meet the first Thursday of the month**  
January 8, 2026 to July 2, 2026

In-Person  
Sessions  
Registration



You and your buddy will receive a learning kit to help you follow along with the sessions.

Assessment & learning kit pick-up will be scheduled upon registration from Monday, August 25, 2025, to Friday, August 29, 2025 at the Ske:g Himdag Ki, Room 247.



## For more information contact:



Inspire Our Community To Be Active & Healthy  
Public Health  
**Diabetes Prevention Services**  
Karina Watson 480-362-3278  
karina.watson2@srpmic-nsn.gov



**STRONG LIFE &  
SRPMIC WELLPATH  
ENDORSED**

# PATHWAY TO WELLNESS

**\*\*BUDDY SYSTEM FOR BETTER HEALTHY\*\***  
**YEAR-LONG PROGRAM  
SCHEDULE**

## Who can sign up?

- Community Members 18+
- Tribal Employees
- People with pre-diabetes
- Caregivers of people with pre-diabetes.



## Virtual Sessions

**12:00 pm–1:00 pm  
Via TEAMS**

**First two weeks of the month:  
September 3, 2025 to December 11, 2025**

<u>WED, 9/3/25</u>	Intro to Program
<u>THURS, 9/4/25</u>	Get Active TPT2
<u>WED, 9/10/25</u>	Track Your Activity
<u>THURS, 9/11/25</u>	Eat Well to Prevent T2
<u>WED, 10/1/25</u>	Track Your Food
<u>THURS, 10/2/25</u>	Get More Active
<u>WED, 10/8/25</u>	Energy in, Energy Out
<u>THURS, 10/9/25</u>	Eating to Support your HG

<u>WED, 11/5/25</u>	Manage Stress
<u>THURS, 11/6/25</u>	Eat Well Away From Home
<u>WED, 11/12/25</u>	Managing Triggers
<u>THURS, 11/13/25</u>	Staying Active to Prevent T2

<u>WED, 12/3/25</u>	Take Charge of Your Thoughts
<u>THURS, 12/4/25</u>	Get Back on Track
<u>WED, 12/10/25</u>	Get Support
<u>THURS, 12/11/25</u>	Stay Motivated to Prevent T2

**First Wednesday of the month starting:  
January 7, 2026 to July 1, 2026**  
**12:00 pm–1:00 pm Via TEAMS**

WED, 1/7/26 - When Weight Loss Stalls  
WED, 2/4/26 - Keep Your Heart Healthy  
WED, 3/4/26 - Shop & Cook to Prevent  
WED, 4/1/26 - Get Enough Sleep  
WED, 5/6/26 - Stay Active Away From Home  
WED, 6/3/26 - More about Carbs  
WED, 7/1/26 - Prevent Type 2 for Life!

## In-Person Sessions

**5:30 pm–7:30 pm  
Ske:g Himdag Ki, Room 247**

**First two weeks of the month:  
September 4, 2025 to December 11, 2025**

THURS, 9/4/25  
Intro to Program & Get Active TPT2

THURS, 9/11/25  
Track Your Activity & Eat Well to Prevent T2

THURS, 10/2/25  
Track Your Food & Get More Active

THURS, 10/9/25  
Energy in, Energy Out & Eating to Support your HG

THURS, 11/6/25  
Manage Stress & Eat Well Away From Home

THURS, 11/13/25  
Managing Triggers & Staying Active to Prevent T2

THURS, 12/4/25  
Take Charge of Your Thoughts & Get Back on Track

THURS, 12/11/25  
Get Support & Stay Motivated to Prevent T2

**First Thursday of the month starting:  
January 8, 2026 to July 2, 2026**  
**5:30 pm–6:30 pm  
Ske:g Himdag Ki, Room 247**

THURS, 1/8/26 - When Weight Loss Stalls  
THURS, 2/5/26 - Keep Your Heart Healthy  
THURS, 3/5/26 - Shop & Cook to Prevent  
THURS, 4/2/26 - Get Enough Sleep  
THURS, 5/7/26 - Stay Active Away From Home  
THURS, 6/4/26 - More about Carbs  
THURS, 7/2/26 - Prevent Type 2 for Life!