

CHRONIC DISEASE PREVENTION & MANAGEMENT 2019 SCHEDULE

Program	Start – End Dates	Times
BPSM – Avery County Senior Center	Jan 10 – April 25	Thursday 10 – 11 AM
BPSM – Mitchell County Senior Center	Jan 8 – April 23	Tuesday 11:30 – 12:30 AM
BPSM – YMCA/ SLOOP Medical Plaza (Unofficial Site)	Jan 7 – April 22	Monday 9 – 10 AM
DPP – Avery County *New session dependent on interest*	Cont. from 2018 Jan 3 – September 12	Thursdays (No longer accepting participants for this session)
DPP – Mitchell County Mauzy Phillips Community Center	Interest meeting – Jan 8 Start – Jan 15	Tuesdays (Contact Lauren for times and details)
Delay the Disease – Avery (YMCA) *Now on a 12 week schedule; sessions will be back to back/offered year round*	Jan 8 – March 28	Tuesday & Thursday 1 -2 PM
Delay the Disease – Mitchell County Senior Center *Now on a 12 week schedule; sessions will be back to back/offered year round*	Jan 8 – March 26	Tuesdays 1 -2 PM
Enhance Fitness – Blackburn Athletic Facility (Court B)	Demo Class – Jan 2 Start: Jan 7 End: April 26	Monday, Wednesday, Friday 10- 11 AM
LIVESTRONG @ the YMCA – YMCA	Session 0 – Jan 3 Start: Jan 8 End: April 28	Tuesday & Thursday 11 – 12:30
LIVESTRONG Grad – Wellness Floor YMCA *New program for those who have been through the LIVESTRONG @ the YMCA program*	Intro session – Jan 11 Start: Jan 17 End: June 27	The 2 nd & 4 th Thursday of the month for 6 months 12- 1 PM *If successful will run year round*
Healthy Weight & Your Child	Official Start Date: TBD March	TBD