

Diabetes management

Lifestyle Change Programming

The Lifestyle Change Programming at UW Health supports a Health At Every Size approach that looks internally for markers of lifestyle change which come through small steps towards achieving and maintaining a healthier lifestyle as it pertains to nutrition, activity, sleep and emotional and social well-being.

This program is a year-long commitment with weekly classes for the first 16 weeks followed by a transition period of every other week for the following 12 weeks. The final four months of the program require a monthly meeting. All meetings will be hosted virtually until UW Health approves community learners back on campus.

Participants will:

- Connect with a certified Lifestyle Change Coach
- Engage with the PreventT2 curriculum to learn realistic strategies for improving everyday food choices, physical activity, sleep and well-being
- Join a support network with others on a path to better health

Gain access to an online platform where they can interact with each other and the program 24/7

About the UW Health Lifestyle Change Program



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Contact Information

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Register for a Class

Classes are available Tuesdays or Wednesdays. [Register for a class](#)

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