

## Diabetes Wellness Class Schedule

The Diabetic Wellness Program is designed to **improve overall health and wellness** of participating HealthTeam Advantage members by promoting a healthy weight and lifestyle through **diet and exercise education**. The 12-week program includes 1-on-1 health coaching with our dietitian and exercise physiologist, weekly videos, and three support group meetings (in person or virtual).

| Week    | Location /Time     | Video Schedule  | Jennifer          |
|---------|--------------------|---|-------------------|
| Week 1  | In Person / 11 am* | No Video  | No Phone Session  |
| Week 2  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Plate Method/Macronutrients</li> <li>◆ Basics of Exercise</li> </ul>                 | 1:1 Phone Session |
| Week 3  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Portion Sizes</li> <li>◆ Goal Setting</li> </ul>                                     | 1:1 Phone Session |
| Week 4  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Food Labels</li> <li>◆ SilverSneakers</li> </ul>                                     | 1:1 Phone Session |
| Week 5  | In Person / 1 pm*  | <ul style="list-style-type: none"> <li>◆ Grocery Shopping</li> <li>◆ Cardiovascular Exercise</li> </ul>                       | No Phone Session  |
| Week 6  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Healthy Cooking Methods</li> <li>◆ Resistance Training</li> </ul>                    | 1:1 Phone Session |
| Week 7  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Cooking Demo</li> <li>◆ Gym 101 (1)</li> </ul>                                       | 1:1 Phone Session |
| Week 8  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Cooking Demo</li> <li>◆ Gym 101 (2)</li> </ul>                                       | 1:1 Phone Session |
| Week 9  | Phone Session      | <ul style="list-style-type: none"> <li>◆ Eating Out</li> <li>◆ Flexibility/Mobility</li> </ul>                                | 1:1 Phone Session |
| Week 10 | Phone Session      | <ul style="list-style-type: none"> <li>◆ Weight Management</li> <li>◆ Balance</li> </ul>                                      | 1:1 Phone Session |
| Week 11 | Phone Session      | <ul style="list-style-type: none"> <li>◆ Stress/Sleep/Self-Care</li> <li>◆ Maintaining a Balanced Exercise Routine</li> </ul> | 1:1 Phone Session |
| Week 12 | In Person / 1 pm*  | No Video  | No Phone Session  |

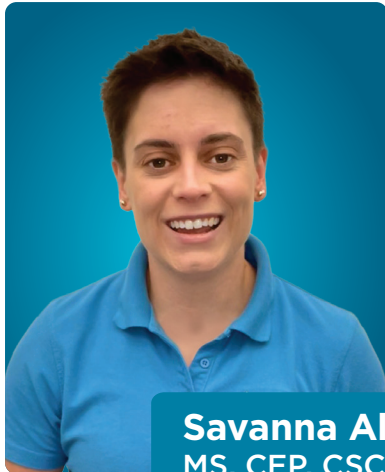
**\* ALL in-person sessions meet at:**  
 HealthTeam Advantage Local Benefit Center  
 5815 Samet Dr., Suite 107  
 High Point, NC 27265

Scan with your smart phone camera for the online class schedule, videos & more!



Or visit [htanc.com/diabetic-wellness-program](http://htanc.com/diabetic-wellness-program)

## Meet the Living Plus Team:



**Savanna Altizer**  
MS, CEP, CSCS  
Wellness Coordinator

**“I enjoy helping people maintain independence and confidence through health and fitness.”**

**Savanna Altizer** is a wellness coordinator at HealthTeam Advantage. She is originally from Virginia and has a master’s degree in Exercise Physiology from Marshall University.

Savanna developed a cardiac wellness program for HealthTeam Advantage members and several unique community exercise classes.

**You can reach Savanna at [htaLivingPlus@htanc.com](mailto:htaLivingPlus@htanc.com) or 336-494-1363.**



**Jennifer Weyrauch**  
Registered Dietitian  
& Health Coach

**“My goal is to help individuals improve their health and well-being through lifestyle and nutritional counseling.”**

**Jennifer Weyrauch**, our health coach, has been a Registered Dietitian for over 25 years and recently added a certification for health coaching.

Jennifer works with members 1-on-1 to create individualized plans of care that encompass diet, exercise, lifestyle, stress, sleep, and more.

**You can reach Jennifer at [jweyrauch@htanc.com](mailto:jweyrauch@htanc.com) or 336-609-6856.**