

Schedule for Downsizing with Diabetes

Thank you for entrusting Integrated Diabetes Services to guide you on your journey to diabetes and weight management. Please find the proposed schedule of individualized and group sessions below. The individualized sessions will begin in October and the specific dates for the 6 individualized visits will be discussed and scheduled with you after you enroll in the program. The group sessions will start in early November.

Individualized One-on-one Sessions

There will be 6 individualized one-on-one Zoom visits **occurring for 1 hour** every other week. The first visit will be for **90 minutes**. Please choose from the available time slots below.

Day of the Week	Time Zone			
	Eastern	Central	Mountain	Pacific
Tuesdays	3:00 – 10:00pm	2:00 – 9:00pm	1:00 – 8:00pm	12:00 – 7:00pm
Thursdays	3:00 – 10:00pm	2:00 – 9:00pm	1:00 – 8:00pm	12:00 – 7:00pm
Fridays	2:00 – 9:00pm	1:00 – 8:00pm	12:00 – 7:00pm	11:00am – 6:00pm

Group Sessions

There will be 6 interactive group sessions **occurring for 1 hour** every other week. All group sessions will be held on Wednesdays. The times for these sessions are listed below.

Session	Session Date	Time Zone			
		Eastern	Central	Mountain	Pacific
1	November 1, 2023	2:00pm	1:00pm	12:00pm	11:00am
2	November 15, 2023	2:00pm	1:00pm	12:00pm	11:00am
3	November 29, 2023	2:00pm	1:00pm	12:00pm	11:00am
4	December 13, 2023	2:00pm	1:00pm	12:00pm	11:00am
5	January 3, 2024	2:00pm	1:00pm	12:00pm	11:00am
6	January 17, 2024	2:00pm	1:00pm	12:00pm	11:00am

The cost for this 12 week program is \$1299.00. Space in the program is limited. If interested, please call +1 610-642-6055 (ET) to sign up or if you have questions, please email me at Terri@integrateddiabetes.com. Feel free to propose alternative times and dates, and we will try to incorporate your suggestions for the next series.