



# DIABETES PREVENTION PROGRAM DIGEST

Holy Cross Health's Diabetes Prevention Program

APRIL 2021 | ISSUE NO.21

## HOLY CROSS HEALTH & DPP UPDATES

Holy Cross Health is still offering 2 options for DPP: distance (via Zoom) and virtual (self-paced). Trinity Health is continuing to monitor the CDC's COVID-19 guidelines. At the moment there is no word on when in-person group programs are allowed to begin. Continue to watch for updates.

## COVID-19 VACCINE

Holy Cross Health COVID-19 Vaccine Center is now accepting walk-ins! You must be 16-years of age or older. We have currently been receiving either the Pfizer or Moderna vaccines. Your second dose appointment will be scheduled after you receive your first dose.

**Days:**  
Monday - Fridays

**Time:**  
9 AM - 1 PM

**Location:**  
4701 N. Federal Highway-  
Building. C, Fort Lauderdale, FL 33308

## APRIL IS STRESS AWARENESS MONTH!

Being stressed can directly impact your blood sugar. When under stress, our stress hormone levels go up. This can make it harder for insulin to work properly which can consequently, raise your blood sugar.

When we're stressed, we sometimes indulge in unhealthy coping behaviors. [Here's some healthy ways to de-stress:](#)



Listen to calming music



Get outside



Shower



Meditate / Breathe



Exercise



Journal



Laugh



Call friends/family



Spend time with your pet

## REACHING OUR GOALS, TOGETHER!

COOKING WITH CATHY



**Date:** Tuesday, May 4th 2021

**Time:** 12:00 PM EDT



# 3 INGREDIENT NO BAKE CHOCOLATE OATMEAL COOKIES

Serving: 1 cookie: | Calories: 156kcal  
Carbohydrates: 16g | Protein: 5g  
Fat: 9g  
\*Higher calorie items= eat in moderation



## Ingredients:

- 1/2 cup chocolate chips semisweet
- 1/2 cup natural creamy peanut butter
- 1 1/2 cups rolled oats

## Instructions:

- Line a baking sheet with parchment paper. Add chocolate chips to a large microwave-safe mixing bowl.
- Melt chocolate in microwave or on stovetop using double boiler method.
- Add the peanut butter to the melted chocolate and stir until evenly mixed.
- Stir in oats until all oats are moistened and evenly combined.
- Scoop out 2 tbsp dough and form a compact ball. Some of the chocolate peanut butter mixture will stick to your hand. That is normal. Place ball onto prepared baking sheet and press down to flatten into a thick round disk. Repeat with remaining dough.
- Place cookie sheet into freezer and freeze until cookies are firm (30 to 60 minutes). You can leave the cookies in there longer as well and just bring them to room temperature for a few minutes before eating. Store uneaten cookies at room temperature or in the fridge or freezer if you want to store them longer.

## FLIP A COIN WORKOUT!

The Flip a Coin Workout is a combination of high-intensity cardio and core exercises, designed to improve balance and strength. This is a great way to make an at-home workout fun! You can modify and change the workouts to better suit your needs.

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks