



Western Washington  
Medical Group

Diabetes & Nutrition Education Center

# TYPE 2 DIABETES

Let's have a conversation!

**2019**

## Schedule:

**Thursday, January 10, 17, 24**

- Time: 6:00pm to 9:00pm

**Thursday, February 7, 14, 21**

- Time: 9:00am to 12:00pm

**Saturday, March 9, 16, 23**

- Time: 9:00am to 12:00pm

**Monday, April 15, 22, 29**

- Time: 6:00pm to 9:00pm

**Thursday, May 9, 16, 23**

- Time: 9:00am to 12:00pm

**Saturday, June 8**

- Time: 9 am to 5 pm

**Tuesday, July 9, 16, 30**

- Time: 6:00pm to 9:00pm

**Thursday, August 8, 15, 22**

- Time: 9:00am to 12:00pm

**Saturday, Sept 14, 21, 28**

- Time: 9:00am to 12:00pm

**Wednesday, October 9, 16, 23**

- Time: 6:00pm to 9:00pm

**Thursday, November 7, 14, 21**

- Time: 9:00am to 12:00pm

**Saturday, December 7**

- Time: 9 am to 5 pm

## Join us for an Educational and Interactive Discussion Group

1. What is diabetes and the different types
2. Using blood glucose monitoring results to manage diabetes
3. Managing blood glucose levels: food, activity and medicine
4. Meal planning and strategies for healthy eating
5. How to delay or reduce the risk of complications
6. Medications for diabetes
7. Goal setting



**Group classes open to everyone.  
Contact Us at (425) 791-3087 to schedule  
and help with the referral process.**

Location: WWMG - Silver Lake  
12728 19th Avenue SE, Suite 300  
Everett, WA 98208

[wwmedgroup.com](http://wwmedgroup.com)