

# *Type 2 Diabetes*

## *Let's Have a Conversation*

**2018**

### **Schedule:**

Thursday, January 11, 18, 25  
6 to 9 pm

Thursday, February 1, 8, 15  
9 to 12 pm

Saturday, March 10, 17, 24  
9 to 12 pm

Thursday, April 5, 12, 19  
9 to 12 pm

Tuesday, May 1, 8, 15  
6 to 9 pm

Saturday, June 9  
9 am to 5 pm

Thursday, July 12, 19, 26  
6 to 9 pm

Thursday, August 2, 9, 16  
9 to 12 pm

Saturday, September 15, 22,  
29, 9 to 12 pm

Tuesday, October 2, 9, 16  
6 to 9 pm

Thursday, November 1, 8, 15  
9 to 12 pm

Saturday, December 8  
9 am to 5 pm

### **Refresher:**

**Jan 23** 9 to 11 am

**May 23** 6 to 8 pm

**Sept 18** 9 to 11 am

### 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 class open to all  
Contact Us at (425) 791-3087 to schedule and  
help with the referral process***

### **Silver Lake:**

12728 19th Avenue SE, Suite 300

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