



Western Washington
Medical Group

Diabetes & Nutrition Education Center

TYPE 2 DIABETES

Let's have a conversation!

2022

Schedule:

March 8,15, 22 (Tues)

- Time: 2:00pm - 4:30pm

April 5, 12,19 (Tues)

- Time: 6:00pm - 8:30pm

May 11,18,25 (Wed)

- Time: 2:30pm - 5:00pm

June 18 (Saturday)

- Time: 9:00am - 5:00pm

July 12,19,26 (Tues)

- Time: 9:30am - 12:00pm

August 11,18,25 (Thur)

- Time: 2:30pm - 5:00pm

Sept 13,20,27 (Tues)

- Time: 6:00pm - 8:30pm

October 12,19,26 (Wed)

- Time: 2:30pm - 5:00pm

November 3,10,17 (Thur)

- Time: 9:30am -11:00am

December 3 (Saturday)

- Time: 9:00am - 5:00pm

Join us for an educational and interactive discussion group in-person or from the comfort of your own home via Zoom.

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

wwmedgroup.com