



Western Washington  
Medical Group

Diabetes & Nutrition Education Center



## PREDIABETES CLASSES

Classes are the  
**1st Saturday**  
of every month  
**9:00-11:00AM**

By Appointment only



### **INSTRUCTOR**

Rajani Ravi, RD, CDE  
Registered Dietitian

Join us for an informative and  
interactive 2 hour class!

1. What is pre-diabetes, impaired fasting glucose and/or metabolic syndrome?
2. How can you prevent or delay Type 2 diabetes?
3. Nutrition
4. Physical Activity
5. SMART Goal Setting



- Classes are open to all Western Washington Medical Group patients. You can bring a support person for free.
- Cost: \$30 out of pocket
- No referral required
- You will receive a free glucometer and training

Contact us at (425) 791-3087 to schedule

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