



Western Washington
Medical Group

Diabetes & Nutrition Education Center

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 am to 12 pm

Saturday, **March 10, 17, 24**
- 9 am to 12 pm

Thursday, **April 5, 12, 19**
- 9 am 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 am to 12 pm

Saturday, **Sept 15, 22, 29**
- 9 am to 12 pm

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

Thursday, **November 1, 8, 15**
- 9 am to 12 pm

Saturday, **December 8**
- 9 am to 5 pm

Refresher:

- Jan 23rd, 9 to 11am
- May 23rd, 6 to 8pm
- Sept 18th, 9 to 11am

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

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

wwmedgroup.com