



Western Washington
Medical Group

Diabetes & Nutrition Education Center

TYPE 2 DIABETES

Let's have a conversation!

2020

Schedule:

January 9, 16, 23 (Thursday)

- Time: 3:00pm to 6:00pm

March 7, 14 (Saturday)

- Time: 9:00am to 1:00pm

April 13, 20, 27 (Monday)

- Time: 3:00pm to 6:00pm

May 5, 12, 19 (Tuesday)

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

June 6 (Saturday)

- Time: 9 am to 5 pm

July 13, 20, 27 (Monday)

- Time: 2:00pm to 5:00pm

September 12, 19, 26 (Saturday)

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

October 7, 14, 21 (Wednesday)

- Time: 3:00pm to 6:00pm

November 5, 12, 19 (Thursday)

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

December 5 (Saturday)

- 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