



Western Washington
Medical Group

Diabetes & Nutrition Education Center

TYPE 2 DIABETES

Let's have a conversation!

Feb - Mar 2021

Schedule:

February 6, 13, 20 (Saturday)

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

March 9, 16, 23 (Tuesday)

- Time: 3:00pm to 5:00pm

**Join us for an Educational
and Interactive ZOOM Discussion Group
from the comfort of your home**

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

wwmedgroup.com