



Western Washington  
Medical Group

Diabetes & Nutrition Education Center

# TYPE 2 DIABETES

Let's have a conversation!

**2021**

## Schedule:

**January 20, 27 & Feb 10 (Wed)**

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

**February 6, 13, 20 (Saturday)**

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

**March 9, 16, 23 (Tuesday)**

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

**April 6, 20, 27 (Tuesday)**

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

**May 12, 19, 26 (Wednesday)**

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

**June 5 (Saturday)**

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

**July 13, 20, 27 (Tuesday)**

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

**August 5, 12, 19 (Thursday)**

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

**September 14, 21, 28 (Tuesday)**

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

**October 6, 13, 20 (Wednesday)**

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

**November 4, 11, 18 (Thursday)**

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

**December 4 (Saturday)**

- Time: 9:00am 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](http://wwmedgroup.com)