



Western Washington
Medical Group

Diabetes & Nutrition Education Center

TYPE 2 DIABETES

Let's have a conversation!

2022

Schedule:

March 8,15, 22 (Tues)

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

April 5, 12,19 (Tues)

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

May 11,18,25 (Wed)

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

June 18 (Saturday)

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

July 12,19,26 (Tues)

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

August 11,18,25 (Thur)

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

Sept 13,20,27 (Tues)

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

October 12,19,26 (Wed)

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

November 3,10,17 (Thur)

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

December 3 (Saturday)

- Time: 9:00am - 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