

Type 2 Diabetes

Let's Have a Conversation

2017

Schedule:

Saturday, **March 11, 18, 25**
9 to 12 pm

Thursday, **April 6, 13, 20**
6 to 9 pm

Thursday, **May 4, 11, 18**
9 am to 12 pm

Saturday, **June 10, 17, 24**
9 am to 12 pm

Thursday, **July 6, 13, 20**
6 pm to 9 pm

Thursday, **August 3, 10, 17**
9 am to 12 pm

Saturday, **Sept 16, 23, 30,**
9 am to 12 pm

Tuesday, **October 3, 10, 17**
6 pm to 9 pm

Thursday **November 2, 9, 16**
9 am to 12 pm

Saturday, **December 9,**
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 class open to all
Contact Us at (425) 791—3087 to schedule
and help with the referral process***

Silver Lake:

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