

Type 2 Diabetes?

Let's have a conversation!

Join us for an educational and interactive
ZOOM discussion group from the comfort of your home.

1. What is diabetes?
2. Understanding glucose monitoring results
3. Managing glucose levels with food, activity & medicine
4. Meal planning & strategies for healthy eating
5. Delay or reduce the risk of complications
6. Medications for diabetes
7. Goal setting

2022 Class Schedule

February 5, 12, 26	9 - 11:30am	August 11, 18, 25	2:30 - 5pm
March 8, 15, 22	2 - 4:30pm	September 13, 20, 27	6 - 8:30pm
April 5, 12, 19	6 - 8:30pm	October 12, 19, 26	2:30-5pm
May 11, 18, 25	2:30 - 5pm	November 3, 10, 17	9:30-11am
June 18 (Sat.)	9am - 5pm	December 3 (Sat.)	9am - 5pm
July 12, 19, 26	9:30-11am		

Group ZOOM sessions are open to everyone.

Contact Us at (425) 791-3087

to schedule and help with the referral process



Western Washington
Medical Group

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