

# Edmonds Diabetes Education

## Diabetes Type II

Diabetes education classes consist of a series of four classes taught by a diabetes nurse, dietitian and exercise specialist. The goal of the classes is to provide education so that you become independent in the daily management of diabetes. The class also provides an opportunity for you to share your successes, concerns and common problems with others who have diabetes. We encourage you to bring one family member or friend to class with you at no charge. *Requires a physician referral and to be seen by a diabetes RN and RD prior to attending classes. Call 425-640-4395 to set-up appointments and registration.*

### **Topics covered in the classes include:**

- Overview of diabetes
- Self-glucose monitoring
- Diet and meal planning
- Exercise
- Insulin and oral medications
- Prevention of complications

## Prediabetes Classes

Participants will learn how to monitor their blood sugar and make dietary changes to help lower blood sugar. One hour of nutrition is covered in the class. You will also learn about the benefits of exercise and how to increase the amount of physical activity in your day. Participants will receive a free blood sugar monitor. Preregistration is required. The fee of \$30 includes a support person. **Call 206-386-2502 to register.**

## Diabetes Support Group 2011

Swedish/Edmonds offers a monthly support group for individuals with Type 2 Diabetes and their support people. **Call 425-640-4395 for questions.**

The purpose of the group is:

1. To provide up-to-date information on current topics in diabetes care.
2. To offer opportunities for people with diabetes to interact and find support from others in similar situations.