SWEDISH
Edmonds

2013 Diabetes Class Schedule

Day Classes

Wednesdays 9:30 a.m. – 12:00 p.m.

January	9, 16, 23, 30
February	6, 13, 20, 27
March	6, 13, 20, 27
April	3, 10, 17, 24
May	1, 8, 15, 22
June	5, 12, 19, 26
July	10, 17, 24, 31
August	7, 14, 21, 28
September	4, 11, 18, 25
October	2, 9, 16, 23, 30
Oct./Nov.	30 & Nov. 6, 13, 20
December	4, 5 (Thurs), 11, 12 (Thurs)

Call 425-640-4395 for questions or to register for classes. Class descriptions are on the back.

Evening Classes

Thursdays 6:00 p.m. – 8:30 p.m.

January	10, 17, 24, 31
February	7, 14, 21, 28
March	7, 14, 21, 28
April	4, 11, 18, 25
May	2, 9, 16, 23
June	6, 13, 20, 27
July	11, 18, 25 & August 1
August	8, 15, 22, 29
September	5, 12, 19, 26
October	3, 10, 17, 24,
Oct./Nov.	31 & Nov. 7, 14, 21
December	No classes

This is a series of four classes that repeat each month. You can mix and match the classes from days and evenings or from one month to the next, in order to attend all four classes, if that works better in your schedule.

Classes are usually held in the 4th Floor Conference Room. Take the main elevators to the 4th Floor and turn right out of the elevators. The classroom will be directly in front of you.

It is your responsibility to check with your insurance to verify coverage for the classes.

You are signed up for the following dates _____

Diabetes Class Descriptions

Class 1

Taking Charge of my Diabetes - Nurse

- Overview of diabetes, risk factors, diagnosis/treatment strategies
- Interpretation of blood sugar results
- Hemoglobin A1C to measure progress
- Goals for control of Diabetes
- Medications
- Emotional aspects, stress and support

Class 2

Basic Meal Planning - Dietitian

- Carbohydrate counting for better blood sugar control
- Meal planning and ideal meal/snack timing
- Heart-healthy fats vs. other types of fat
- Label reading 101

Class 3

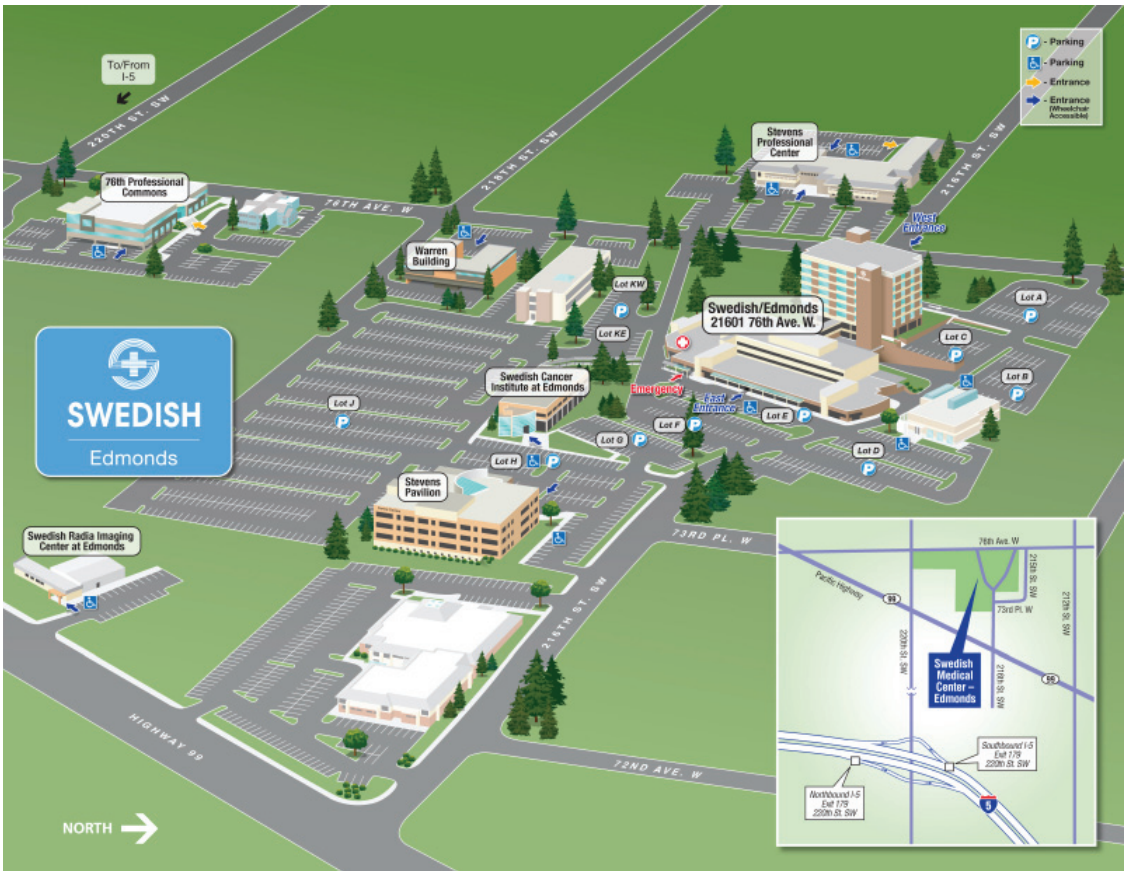
Advanced Meal Planning - Dietitian

- Dining out guidelines & strategies for staying on track when dining out
- How to use recipes for meal planning
- Modifying your favorite recipes to fit into your meal plan
- Taste test recipe/cooking demonstration

Class 4

Lifetime Strategies for Prevention of Complications - Nurse

- What is an effective exercise program
- Hypoglycemia and hyperglycemia
- Long term complications and prevention
- Living well with diabetes



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