

2014 Pre-diabetes Class Schedule

Day Classes

Tuesdays 9:30 a.m. - 12:00 p.m.

February	18
April	15
June	17
August	19
October	21
December	9

Evening Classes

Wednesdays 6:00 p.m. − 8:30 p.m.

January	22
,	
March	19
May	21
July	16
September	17
November	19

The Centers for Disease Control and Prevention (CDC) estimates that 1 in 3 Americans age 20 years or older, and half of all individuals 65 years or older have pre-diabetes. The 79 million individuals with pre-diabetes may be able to delay or prevent the onset of diabetes and cardiovascular complications by making lifestyle changes. Swedish/Edmonds offers this group class, focusing on lifestyle management and risk factor modification. If you are at risk of

developing type 2 diabetes, this class will help you understand your risk factors and learn how to lower your risk by up to 60 percent.

Classes are 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.

Call 425-640-4395 for questions or to register for classes. Cost: \$35.



Diabetes Education Program

21601 76th Ave. West, Edmonds, WA 98026 Phone: 425-640-4395 • Fax: 425-640-4854