2020 Diabetes Education Class Schedule

March

**Canyon Park**
* Saturdays, 10 AM-12:30 PM  
  3/7  Diabetes: The Real Deal  
  3/14  The Power of Food  
  3/21  Whole Body Health

**Renton**
* Saturdays, 10 AM-12:30 PM  
  3/14  Diabetes: The Real Deal  
  3/21  The Power of Food  
  3/28  Whole Body Health

April

**Northgate**
* Tuesdays, 10 AM-12:30 PM  
  4/7  Diabetes: The Real Deal  
  4/14  The Power of Food  
  4/21  Whole Body Health

**Beacon Hill**
* Tuesdays, 2 PM-4:30 PM  
  4/14  Diabetes: The Real Deal  
  4/21  The Power of Food  
  4/28  Whole Body Health

September

**Renton**
* Saturdays, 10 AM-12:30 PM  
  9/5  Diabetes: The Real Deal  
  9/12  The Power of Food  
  9/19  Whole Body Health

**Canyon Park**
* Saturdays, 10 AM-12:30 PM  
  9/12  Diabetes: The Real Deal  
  9/19  The Power of Food  
  9/26  Whole Body Health

October

**Puyallup**
* Tuesdays, 2 PM-4:30 PM  
  10/6  Diabetes: The Real Deal  
  10/13  The Power of Food  
  10/20  Whole Body Health

**Northgate**
* Tuesdays, 10 AM-12:30 PM  
  10/13  Diabetes: The Real Deal  
  10/20  The Power of Food  
  10/27  Whole Body Health

Call 206.NoSugar (206.667.8427) to register for classes or ask questions.
Diabetes Program Description

PacMed’s Program

- **Individual Assessment with Diabetes Educator**
- **Class #1 Diabetes: The Real Deal**
- **Class #2 The Power of Food**
- **Class #3 Whole Body Health + Food Demo**

**Individual Assessment**
Meet with a PacMed™ diabetes educator to establish your individual educational needs. Call to schedule before the first class at your clinic.

**Diabetes: The Real Deal**
Learn survival skills for managing diabetes: how to monitor blood sugar, how to treat highs and lows, and how to help prevent complications. We’ll also go over why medications are prescribed and the basic physiology of diabetes.

**The Power of Food**
Learn the basic principles of nutrition and how food can help manage diabetes. We’ll review carb counting and label reading as well as healthy food choices and basic meal planning.

**Whole Body Health + Food Demo**
Learn non-food ways to manage diabetes, including physical activity and emotional well-being. We’ll also build on the nutrition principles presented in the previous class with a food demo, where we’ll create healthy, balanced (and tasty) meals!

Each person’s insurance coverage is different, so please remember to check with your insurance company to determine coverage for this education. Please contact us if your insurance will not cover this education. Registration closes 1 week before the start of the first class in each series.

*The NCQA (National Committee for Quality Assurance) has recognized Pacific Medical Centers for consistently providing a high level of diabetes care for its patients, and PacMed’s Diabetes Education Program is accredited by the American Association of Diabetes Educators.*

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