

2021 Diabetes Education Class Schedule

March- ZOOM

Tuesdays 10:30 AM-12 PM

- 3/16 Diabetes: The Real Deal
- 3/23 The Power of Food
- 3/30 Whole Body Health

April - ZOOM

Thursdays 4:30 PM-6 PM

- 4/15 Diabetes: The Real Deal
- 4/22 The Power of Food
- 4/29 Whole Body Health

Diabetes Educators



Christy Goff, RDN, CD
Living Well Alliance Instructor

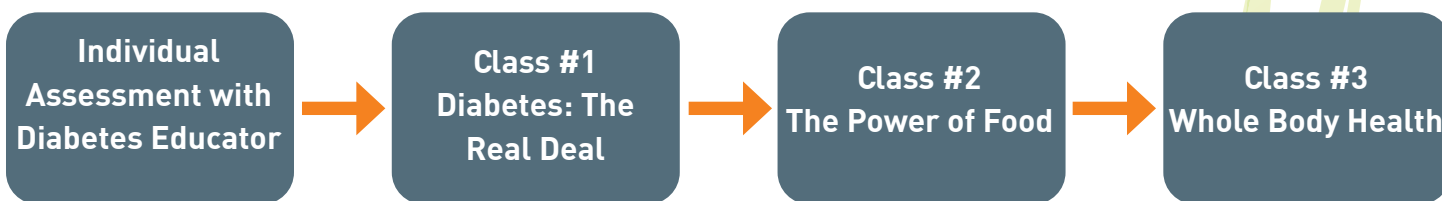


Conor Sheehy, PharmD, BCPS

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

Diabetes Program Description

PacMed™ Program



206.NoSugar (206.667.8427)
www.PacMed.org/diabetes



- Individual Assessment** Meet with one of our diabetes educators to establish your individual educational needs. Call to schedule before the first class at your clinic.
- Diabetes: The Real Deal** Learn what diabetes is and how you can help prevent developing complications from it. We'll also discuss common medications and what you should know about them.
- 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** 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.

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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Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (TTY: 711)