2020 Pre-Diabetes Class Schedule

**Day Classes**
*Tuesdays 9:30 a.m.- noon*

- April 7, 2020
- November 3, 2020

**Evening Classes**
*Thursdays 6-8:30 p.m.*

- March 5, 2020
- September 3, 2020

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 87 million individuals with pre-diabetes may be able to delay or prevent the onset of diabetes and cardiovascular complications by making lifestyle changes. The Swedish system 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 at the Edmonds (schedule above), First Hill, and Issaquah locations. Classes are the same at each location. You can register for this class at any location at [www.swedish.org/classes](http://www.swedish.org/classes).

Class cost: $20.

*Classes are held in the first floor multi-purpose room near the lab. Staff at the Concierge desk on the first floor or Volunteer desk on the third floor are available to assist you in finding the room, if needed.*