

2019 First Hill Diabetes Class Schedule

Steps Diabetes Classes

This series of three classes repeats each month and provides an introduction and overview of diabetes self management. In addition to the topics taught in each class, participants will practice identifying blood-glucose patterns and set individual self-management goals.

Note that during some months, we now offer a single Saturday class (6½ hours) that covers the same content as the three-class series.

- First Steps** – This class explains the physiology of diabetes, how to monitor blood glucose levels and what the values represent. Participants will also learn the main principles of nutrition, including how different foods affect blood glucose, the definition of carbohydrate foods and how to manage their intake, and how to use this information in planning daily meals.
- Second Steps** – This class builds on the foundation provided in First Steps. After a review of key nutrition principles, the educator will also discuss strategies for eating out and the fundamentals of heart-healthy meal planning. There will also be discussion on how to increase daily activity, how to identify and treat high and low blood glucose levels and how to care for your diabetes if you are ill.
- Third Steps** – This class will focus on the wide variety of possible medications for diabetes and the main considerations when taking them, as well as other strategies for staying healthy, including foot care. A physician will share strategies for staying healthy and preventing complications. (Note: in the Saturday class, these topics will be covered by the educators.)

MARCH 2019 CLASSES		
Friday, March 1	1-4 p.m.	First Steps
Friday, March 8	1-4 p.m.	Second Steps
Friday, March 15	1-4 p.m.	Third Steps
Saturday, March 16	9 a.m. to 3:30 p.m.	Single-day combination class

APRIL 2019 CLASSES		
Monday, April 1	5-8 p.m.	First Steps
Monday, April 8	5-8 p.m.	Second Steps
Monday, April 15	5-8 p.m.	Third Steps
Saturday, April 13	9 a.m. to 3:30 p.m.	Single-day combination class

MAY 2019 CLASSES		
Friday, May 3	1-4 p.m.	First Steps
Friday, May 10	1-4 p.m.	Second Steps
Friday, May 17	1-4 p.m.	Third Steps
Saturday, May 18	9 a.m. to 3:30 p.m.	Single-day combination class

JUNE 2019 CLASSES		
Monday, June 3	5-8 p.m.	First Steps
Monday, June 10	5-8 p.m.	Second Steps
Monday, June 17	5-8 p.m.	Third Steps
Saturday, June 15	9 a.m. to 3:30 p.m.	Single-day combination class

SEPTEMBER 2019 CLASSES		
Monday, Sept. 9	5-8 p.m.	First Steps
Monday, Sept. 16	5-8 p.m.	Second Steps
Monday, Sept. 23	5-8 p.m.	Third Steps

OCTOBER 2019 CLASSES		
Friday, Oct. 4	1-4 p.m.	First Steps
Friday, Oct. 11	1-4 p.m.	Second Steps
Friday, Oct. 18	1-4 p.m.	Third Steps

NOVEMBER 2019 CLASSES		
Monday, Nov. 4	5-8 p.m.	First Steps
Monday, Nov. 11	5-8 p.m.	Second Steps
Monday, Nov. 18	5-8 p.m.	Third Steps

DECEMBER 2019 CLASSES		
Friday, Dec. 6	1-4 p.m.	First Steps
Friday, Dec. 13	1-4 p.m.	Second Steps
Friday, Dec. 20	1-4 p.m.	Third Steps

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Pre-diabetes Classes

Held on Thursdays. Taught by a registered dietitian, this community education class explains how lifestyle modifications, primarily nutrition and physical activity, can significantly reduce the risk of developing type 2 diabetes. The cost to register is \$20 and insurance is not billed for this class. Registration does include one support person. Register at www.swedish.org/classes-and-resources/health-classes-at-swedish or over the phone at 1-800-793-3474.

Thursday, Feb. 7	10:30 a.m. to 12:30 p.m.
Thursday, April 4	10:30 a.m. to 12:30 p.m.
Thursday, June 6	10:30 a.m. to 12:30 p.m.
Thursday, Oct. 10	10:30 a.m. to 12:30 p.m.

- Classes will be held at the 1st Hill Medical Pavilion, 1124 Columbia St., Suite 400, Seattle, WA 98104.
- Please check with your insurance company to verify coverage for diabetes education classes.
- A referral is required for Steps Diabetes classes, but not for the Pre-diabetes class.
- To register or if you have questions:
 - Steps Diabetes Classes – 206-215-2440
 - Pre-diabetes Classes – 1-800-793-3474



DIABETES AND NUTRITION EDUCATION CENTER

First Hill

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www.swedish.org

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (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 (Swedish Edmonds 888-311-9178) (TTY: 711)