Diabetes Steps Classes
This class series 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 also offer a single day 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.)

### JANUARY 2020 CLASS
Saturday, Jan. 11 9 a.m. to 3:30 p.m. Single-day Steps class

### FEBRUARY 2020 CLASSES
Tuesday, Feb. 4 9 a.m. to noon First Steps
Tuesday, Feb. 11 9 a.m. to noon Second Steps
Tuesday, Feb. 18 9 a.m. to noon Third Steps

### MARCH 2020 CLASS
Saturday, March 7 9 a.m. to 3:30 p.m. Single-day Steps class

### APRIL 2020 CLASS
Saturday, April 11 9 a.m. to 3:30 p.m. Single-day Steps class

### MAY 2020 CLASSES
Wednesday, May 6 5-8 p.m. First Steps
Wednesday, May 13 5-8 p.m. Second Steps
Wednesday, May 20 5-8 p.m. Third Steps

### JUNE 2020 CLASS
Saturday, June 13 9 a.m. to 3:30 p.m. Single-day Steps class

### JULY 2020 CLASS
Saturday, July 11 9 a.m. to 3:30 p.m. Single-day Steps class

### AUGUST 2020 CLASSES
Note: there are no classes in August, 2020.

### SEPTEMBER 2020 CLASS
Saturday, Sept. 29 9 a.m. to 3:30 p.m. Single-day Steps class

### OCTOBER 2020 CLASS
Saturday, Oct. 10 9 a.m. to 3:30 p.m. Single-day Steps class

### NOVEMBER 2020 CLASSES
Tuesday, Nov. 3 9 a.m. to noon First Steps
Tuesday, Nov. 10 9 a.m. to noon Second Steps
Tuesday, Nov. 17 9 a.m. to noon Third Steps

### DECEMBER 2020 CLASS
Saturday, Dec. 5 9 a.m. to 3:30 p.m. Single-day Steps class

(continued)
**Pre-diabetes Classes**

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday, Jan. 16, 2020</td>
<td>12:30 to 2:30 p.m.</td>
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<tr>
<td>Thursday, Feb. 13, 2020</td>
<td>12:30 to 2:30 p.m.</td>
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<tr>
<td>Thursday, April 9, 2020</td>
<td>5:30 to 7:30 p.m.</td>
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<tr>
<td>Thursday, June 11, 2020</td>
<td>12:30 to 2:30 p.m.</td>
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<td>Thursday, Sept. 17, 2020</td>
<td>5:30 to 7:30 p.m.</td>
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<tr>
<td>Thursday, Nov. 12, 2020</td>
<td>12:30 to 2:30 p.m.</td>
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**Notes**

- Check with the concierge desk to confirm class location when you arrive.
- Please check with your insurance company to verify coverage for classes.
- A referral is required for the 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