

# 2019 Issaquah 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		
Wednesday, March 6	1-4 p.m.	First Steps
Wednesday, March 13	1-4 p.m.	Second Steps
Wednesday, March 20	1-4 p.m.	Third Steps

SEPTEMBER 2019 CLASSES		
Wednesday, Sept. 4	1-4 p.m.	First Steps
Wednesday, Sept. 11	1-4 p.m.	Second Steps
Wednesday, Sept. 25	1-4 p.m.	Third Steps

APRIL 2019 CLASSES		
Wednesday, April 3	1-4 p.m.	First Steps
Wednesday, April 10	1-4 p.m.	Second Steps
Wednesday, April 17	1-4 p.m.	Third Steps
Saturday, April 13	9 a.m. to 3:30 p.m.	Single-day combination class

OCTOBER 2019 CLASSES		
Wednesday, Oct. 2	5-8 p.m.	First Steps
Wednesday, Oct. 9	5-8 p.m.	Second Steps
Wednesday, Oct. 16	5-8 p.m.	Third Steps

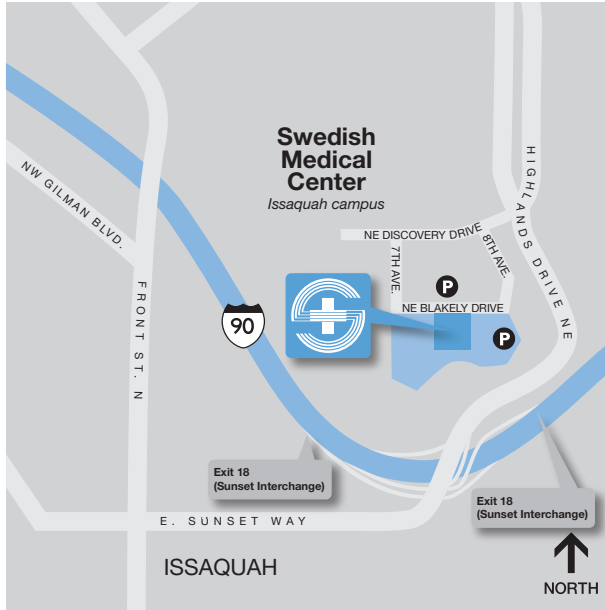
MAY 2019 CLASSES		
Wednesday, May 1	1-4 p.m.	First Steps
Wednesday, May 8	1-4 p.m.	Second Steps
Wednesday, May 15	1-4 p.m.	Third Steps
Saturday, May 18	9 a.m. to 3:30 p.m.	Single-day combination class

NOVEMBER 2019 CLASSES		
Wednesday, Nov. 6	1-4 p.m.	First Steps
Wednesday, Nov. 13	1-4 p.m.	Second Steps
Wednesday, Nov. 20	1-4 p.m.	Third Steps

JUNE 2019 CLASSES		
Wednesday, June 5	5-8 p.m.	First Steps
Wednesday, June 19	5-8 p.m.	Second Steps
Wednesday, June 26	5-8 p.m.	Third Steps

- 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.
- To register or if you have questions: 206-215-2440

(see map on reverse side)



## DIABETES AND NUTRITION EDUCATION CENTER

### Issaquah

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[www.swedish.org](http://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)