SWEDISH

SWEDISH DIABETES EDUCATION CENTER

Diabetes Class Schedule **2012**

Welcome to the Swedish Diabetes Education Center

Whether you have just recently been diagnosed, or have lived with diabetes for many years, ongoing education is essential to maintaining good health. The more you know about diabetes, the more effective you will be in controlling it. The Swedish Diabetes Education Center provides the self-management education that you need to successfully manage diabetes and reduce the risk of complications.

The following is a list of classes offered from January through December 2012. All classes are taught in English. Non-English speaking patients are taught in individual sessions using medical interpreters. Both individual and group instruction is provided. Members of the teaching staff are certified diabetes educators, each with more than 15 years of experience as a nurse or dietitian.

The program is recognized by the American Diabetes Association and is Medicare-approved.

For more information or to access a class schedule online, go to www.swedish.org/diabetes.

How to Register for a Class

Preregistration is required for all classes. To register, call 206-215-2440. Class dates and times will be confirmed when you register.

- A referral is required from your physician that includes clinical information about diabetes. Referrals should be faxed to 206-215-2457.
- Your insurance company may also require a referral from your primary-care provider before you register. Check with your insurance provider.

Class Locations

- **Swedish/First Hill**
  801 Broadway, Suite 611
  Seattle, WA 98122
- **Swedish/Issaquah**
  751 N.E. Blakely Dr.
  Issaquah, WA 98029

Note: All classes listed in the calendar are held at the First Hill campus, except those marked by an "(I)" for classes held at Swedish/Issaquah.

Diabetes Education Center Services

Diabetes Education Class

This series of three classes provides an introduction to diabetes self-management.

- **First Steps**

  (3½ hours – offered three times a month)

  Participants in this class will learn the physiology of diabetes and how to do blood-glucose monitoring using his or her own meter or a meter that will be provided. Participants will also learn the basic principles of nutrition, including how food affects blood glucose, carbohydrate management, portion control and other meal-planning strategies.

  Location: First Hill and Issaquah

- **Second Steps**

  (3½ hours – offered three times a month)

  This class builds on the foundation provided in First Steps. It includes discussion of medications, hypoglycemia, sick-day management, carbohydrate counting and the role of activity in blood-glucose management.

  Prerequisite: Completion of *First Steps* or recommendation from your certified diabetes educator

  Location: First Hill and Issaquah

- **Third Steps**

  (3½ hours – offered three times a month)

  This class discusses portion control, eating out and principles of heart-healthy meal planning. An endocrinologist presents strategies for staying healthy and preventing complications.

  Prerequisite: Completion of *Second Steps*

  Location: First Hill and Issaquah

  At each class in the series, experience in blood-glucose pattern identification is practiced and self-management goals are identified.

Gestational Diabetes Class

(two hours – offered twice a week)

This class teaches the woman with gestational diabetes how to manage her blood glucose during pregnancy. The participant will learn about the physiology of gestational diabetes and the basic principles of nutrition. She will be taught how to do blood-glucose monitoring using a meter that will be provided.

Location: First Hill

Gestational Diabetes Follow-up

(one hour – offered twice a week)

This class evaluates progress toward blood-glucose control with the pregnant mother.

Prerequisite: Completion of *Gestational Diabetes*

Class Location: First Hill

Insulin Start

(one hour – available by appointment)

This class teaches insulin-injection techniques, how insulin works, and how hypoglycemia is recognized and treated.

Prerequisite: Physician orders and monitoring

Introduction to Insulin Pumps

(scheduled as requested)

This one-hour appointment with an R.N. introduces the patient to the features of an insulin pump. Information and materials are provided for the patient who is deciding whether insulin pump therapy is right for them.

Prerequisite: Recent records of blood-glucose monitoring and understanding of basic principles of diabetes self-management plus a physician referral

Location: First Hill

Insulin Pump Start

(three hours on two consecutive days – available by appointment)

This series of classes teaches patients how to intensively manage their diabetes using insulin pump therapy.

Prerequisite: Assessment appointment with an R.N.; a letter of medical necessity from an endocrinologist; authorization from the insurance company for pump, supplies and training; and demonstrated understanding of carbohydrate counting and blood-glucose monitoring

Location: First Hill

Pre-Diabetes Class

(two hours – offered twice a month)

This class is taught by a registered dietitian. It covers topics related to lifestyle modifications which may prevent or delay the development of type 2 diabetes. Nutrition and physical activity recommendations are discussed. *Note:* This class may or may not be covered by your insurance plan; check with your carrier.

Location: First Hill

Introduction to Byetta (Exenatide) and Symlin (Pramlintide)

(by appointment only)

In addition to learning about Byetta and Symlin, participants will learn about injection technique using a pen, timing of administration relative to meals, and expectations regarding changes in appetite and weight loss. The signs, symptoms and interventions for hypoglycemia will also be discussed.

Prerequisite: Physician prescription for medication and a physician referral

Assessment of Diabetes Control – For Insulin-Pump Users

(by appointment only)

During this individual appointment, a certified diabetes educator will evaluate the participant's current pump practices and rates. Updates on the latest insulin pump advancements will be provided. The assessment is suggested at least annually for all pump wearers and any other time when the achievement of improved blood glucose is desired.

Support Group

The Swedish Diabetes Eduction Center serves as a meeting place for a volunteer-led support group. The group meets on the first Wednesday of every month at 7:30 a.m. Please feel free to drop in. Call 206-215-2440 for more information.

Location: First Hill

Continuous Glucose Monitoring (Sensor)

(scheduled as requested)

This one-hour appointment with an R.N. introduces the patient to the features of Continuous Glucose monitoring. This series of appointments teaches patients how to intensively manage their diabetes using the Continuous Glucose Monitoring and Sensor. Information and materials are provided.

Location: First Hill

Medical Nutrition Therapy

(by appointment only)

Patients who require additional nutrition education may be eligible for medical nutrition therapy after completing the Steps classes. Medical nutrition therapy is also available for other nutritional needs.

Location: First Hill

JANUARY 2012

Class times and dates subject to change

What health problems are people with diabetes at risk for?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **(New Year's Day)**	2 **CLOSED** **(New Year's Day Observed)**	3 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	4 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	5 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	6 **First Steps** 9 a.m.-12:30 p.m.	7
8	9	10 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	11 **First Steps (I)** 5-8:30 p.m	12 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	13 **Second Steps** 9 a.m.-12:30 p.m.	14
15	16 **First Steps** 1-4:30 p.m.	17 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	18 **Second Steps (I)** 5-8:30 p.m	19 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	20 **Third Steps** 9 a.m.-12:30 p.m.	21 **Diabetes Class for Medical Assistants and Office Staff** 8:30-noon Call 206-386-2119 to register
22	23 **Second Steps** 1-4:30 p.m.	24 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	25 **Third Steps (I)** 5-8:30 p.m.	26 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	27 **Pre-Diabetes** 2-4 p.m.	28
29	30 **Third Steps** 1-4:30 p.m.	31 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon				

FEBRUARY 2012

Class times and dates subject to change

How do you know how many carbohydrates you are eating?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	2 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	3 **First Steps** 1-4:30 p.m.	4
5	6 **First Steps** 5-8:30 p.m.	7 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon **Healthy Cooking Class** 6-7:30 p.m.	8 **First Steps (I)** 5-8:30 p.m.	9 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	10 **Second Steps** 1-4:30 p.m.	11
12	13 **Second Steps** 5-8:30 p.m.	14 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	15 **Second Steps** 5-8:30 p.m. (I)	16 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	17 **Third Steps** 1-4:30 p.m.	18
19	20 **CLOSED** **(President's Day)**	21 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	22 **Third Steps** 5-8:30 p.m. (I)	23 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	24 **Pre-Diabetes** 2-4 p.m.	25
26	27 **Third Steps** 5-8:30 p.m.	28 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	29			

MARCH 2012

Class times and dates subject to change

What is physical activity? Why is it important to diabetes management?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			.	1 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	2 **First Steps** 9 a.m.-12:30 p.m.	3
4	5 **First Steps** 9 a.m.-12:30 p.m.	6 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	7 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	8 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	9 **Second Steps** 9 a.m.-12:30 p.m.	10
11	12 **Second Steps** 9 a.m.-12:30 p.m.	13 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	14 **First Steps (I)** 5-8:30 p.m.	15 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	16 **Third Steps** 9 a.m.-12:30 p.m.	17
18	19 **Third Steps** 9 a.m.-12:30 p.m.	20 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	21 **Second Steps (I)** 5-8:30 p.m.	22 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	23 **Pre-Diabetes** 2-4 p.m.	24
25	26	27 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	28 **Third Steps (I)** 5-8:30 p.m.	29 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	30	31

APRIL 2012

Class times and dates subject to change

How much physical activity is recommended for those with diabetes?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **First Steps** 5-8:30 p.m.	3 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	4 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	5 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	6 **First Steps** 1-4:30 p.m.	7
8	9 **Second Steps** 5-8:30 p.m.	10 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	11 **First Steps (I)** 5-8:30 p.m.	12 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	13 **Second Steps** 1-4:30 p.m.	14
15	16 **Third Steps** 5-8:30 p.m.	17 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	18 **Second Steps (I)** 5-8:30 p.m. **Healthy Cooking Class** 6-7:30 p.m.	19 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	20 **Third Steps** 1-4:30 p.m.	21
22	23	24 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	25 **Third Steps (I)** 5-8:30 p.m.	26 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	27 **Pre-Diabetes** 2-4 p.m.	28
29	30					

MAY 2012

Class times and dates subject to change

What is A1C? What steps should you take to get an accurate blood glucose reading?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	2 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	3 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	4 **First Steps** 9 a.m.-12:30 p.m.	5
6	7 **First Steps** 1-4:30 p.m.	8 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	9	10 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	11 **Second Steps** 9 a.m.-12:30 p.m.	12
13	14 **Second Steps** 1-4:30 p.m.	15 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	16 **First Steps (I)** 5-8:30 p.m.	17 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	18 **Third Steps** 9 a.m.-12:30 p.m.	19 **Diabetes Class for Medical Assistants and Office Staff** 8:30-noon Call 206-386-2119 to register
20	21 **Third Steps** 1-4:30 p.m.	22 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	23 **Second Steps (I)** 5-8:30 p.m.	24 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	25 **Pre-Diabetes** 2-4 p.m.	26
27	28 **CLOSED** **(Memorial Day)**	29 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	30 **Third Steps (I)** 5-8:30 p.m	31 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon		

JUNE 2012

Class times and dates subject to change

How often do you check your blood sugar? Do you keep a record?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 **First Steps** 1-4:30 p.m.	2
3	4 **First Steps** 5-8:30 p.m.	5 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	6 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	7	8 **Second Steps** 1-4:30 p.m.	9
10	11 **Second Steps** 5-8:30 p.m.	12 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	13 **First Steps (I)** 5-8:30 p.m.	14	15 **Third Steps** 1-4:30 p.m.	16
17	18 **Third Steps** 5-8:30 p.m.	19 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	20 **Second Steps (I)** 5-8:30 p.m.	21	22	23
24	25	26 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	27 **Third Steps (I)** 5-8:30 p.m.	28	29 **Pre-Diabetes** 2-4 p.m.	30

JULY 2012

Class times and dates subject to change

If you think your diabetes medications or any medication isn't working or you're experiencing side effects, what should you do?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **Pre-Diabetes** 9-11 a.m.	3 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	4 **CLOSED** **(Independence Day)**	5	6 **First Steps** 9 a.m.-12:30 p.m.	7
8	9	10 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	11 **Diabetes Support Group** 7:30-8:30 a.m. **First Steps (I)** 5-8:30 a.m.	12	13 **Second Steps** 9 a.m.-12:30 p.m.	14
15	16	17 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	18 **Second Steps (I)** 5-8:30 p.m.	19	20 **Third Steps** 9 a.m.-12:30 p.m.	21
22	23	24 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	25 **Third Steps (I)** 5-8:30 p.m.	26	27 **Pre-Diabetes** 2-4 p.m.	28
29	30	31 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon				

AUGUST 2012

Class times and dates subject to change

What types of medications are prescribed for diabetes?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Diabetes Support Group** 7:30-8:30 a.m.	2	3	4
5	6	7 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	8 **Pre-Diabetes** 9-11 a.m.	9	10 **First Steps** 1-4:30 p.m.	11
12	13	14 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	15 **First Steps (I)** 5-8:30 p.m.	16	17 **Second Steps** 1-4:30 p.m.	18
19	20	21 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	22 **Second Steps (I)** 5-8:30 p.m.	23	24 **Third Steps** 1-4:30 p.m.	25
26	27	28 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	29 **Third Steps (I)** 5-8:30 p.m.	30	31 **Pre-Diabetes** 2-4 p.m.	

SEPTEMBER 2012

Class times and dates subject to change

What do you do when you get the flu and notice that your blood sugar levels are not normal?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 **CLOSED** **(Labor Day)**	4 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	5 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	6	7 **First Steps** 9 a.m.-12:30 p.m.	8
9	10	11 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	12 **First Steps (I)** 5-8:30 p.m.	13	14 **Second Steps** 9 a.m.-12:30 p.m.	15 **Diabetes Class for Medical Assistants and Office Staff** 8:30-noon Call 206-386-2119 to register
16	17	18 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	19 **Second Steps (I)** 5-8:30 p.m.	20	21 **Third Steps** 9 a.m.-12:30 p.m.	22
23 30	24	25 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	26 **Third Steps (I)** 5-8:30 p.m.	27	28 **Pre-Diabetes** 2-4 p.m.	29

OCTOBER 2012

Class times and dates subject to change

Name three items which can be used to treat hypoglycemia (low blood glucose/low blood sugar).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	3 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m.	4	5 **First Steps** 1-4:30 p.m.	6
7	8	9 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	10 **First Steps (I)** 5-8:30 p.m.	11	12 **Second Steps** 1-4:30 p.m.	13
14	15	16 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	17 **Second Steps (I)** 5-8:30 p.m.	18	19 **Third Steps** 1-4:30 p.m.	20
21	22	23 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	24 **Third Steps (I)** 5-8:30 p.m.	25	26 **Pre-Diabetes** 2-4 p.m.	27
28	29	30 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	31			

NOVEMBER 2012

Class times and dates subject to change

Why is it important to have a diabetes eye exam every year?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 **First Steps** 9 a.m.-12:30 p.m.	3
4	5	6 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	7 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m. **First Steps (I)** 5-8:30 p.m.	8	9 **Second Steps** 9 a.m.-12:30 p.m.	10
11	12	13 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	14 **Second Steps (I)** 5-8:30 p.m.	15	16 **Third Steps** 9 a.m.-12:30 p.m.	17
18	19 .	20 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	21	22 **CLOSED** **(Thanksgiving)**	23 **CLOSED**	24
25	26	27 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	28 **Third Steps (I)** 5-8:30 p.m.	29	30 **Pre-Diabetes** 2-4 p.m.	

DECEMBER 2012

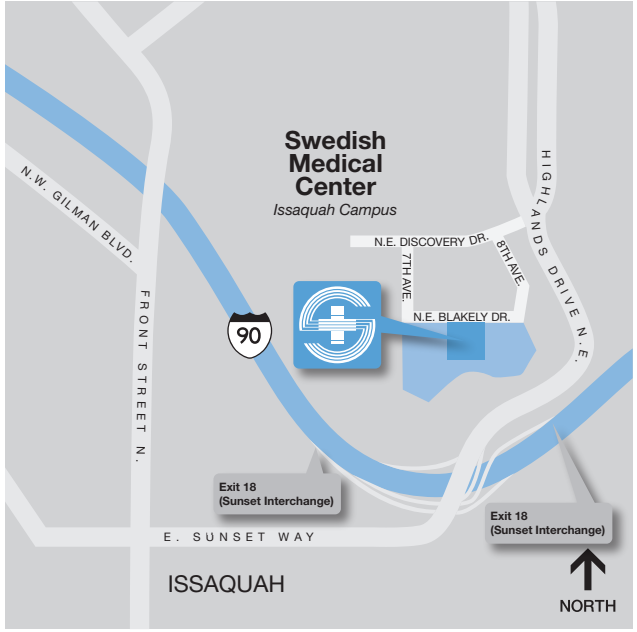
Class times and dates subject to change

What are you looking for when you check your feet if you have diabetes?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	5 **Diabetes Support Group** 7:30-8:30 a.m. **Pre-Diabetes** 9-11 a.m. **First Steps (I)** 5-8:30 p.m.	6	7 **First Steps** 1-4:30 p.m.	8
9	10	11 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	12 **Second Steps (I)** 5-8:30 p.m.	13	14 **Second Steps** 1-4:30 p.m.	15
16	17	18 **Gestational Diabetes** 9-11 a.m. **Gestational Follow-up** 11 a.m.-noon	19 **Third Steps (I)** 5-8:30 p.m.	20	21 **Third Steps** 1-4:30 p.m.	22
23	24 **CLOSED HALF DAY** **(Noon)**	25 **CLOSED** **(Christmas Day)**	26	27	28 **Pre-Diabetes** 2-4 p.m.	29
30	31					

Locations

Swedish/First Hill
Heath Building, 801 Broadway
Suite 611
Seattle, WA 98122



Swedish/Issaquah
751 N.E. Blakely Dr.
Issaquah, WA 98029

SWEDISH

SWEDISH DIABETES EDUCATION CENTER
801 Broadway, Suite 611
Seattle, WA 98122
T 206-215-2440
F 206-215-2457

www.swedish.org/diabetes

© 2012 SWEDISH HEALTH SERVICES. ALL RIGHTS RESERVED.

DIAB-09-09168 R-5/12