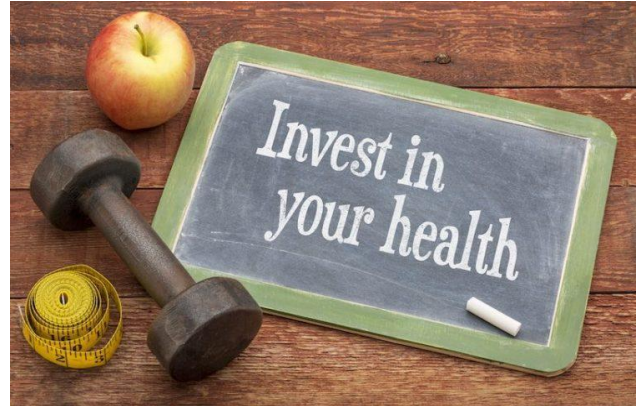


Sound Diabetes Education Classes 2023



Who: Adults with Type 2 Diabetes

What: Comprehensive Diabetes Self-Management Education and Support Program covered over **four 2-hour** virtual classes.

Where: Online – *via Zoom*

When: Wednesdays from 10 am - 12 pm

Winter: February 1, 8, 15, 22

Spring: April 5, 12, 19, 26

Summer: June 7, 14, 21, 28

Autumn: September 6, 13, 20, 27

How: Discuss with your primary care provider (PCP) if this would be a good fit for your needs. Your PCP will fax a referral for Diabetes Education to Sound Dietitians. We will then get you scheduled and send you the link to join the online classes.



PO BOX 5115

LYNNWOOD, WA 98046

PHONE: 425-409-3544

FAX: 425-354-3544

Diabetes Education Classes

Class 1

- What is Diabetes?
- Different types of diabetes
- Diabetes diagnosis
- Type 2 risk factors and symptoms
- Checking your glucose
- Eating for better health
- Being physically active
- Having a support system
- Getting ready to make changes

Class 2

- Stress, emotional health and diabetes
- Reviewing your glucose logs
- Dealing with high and low glucose
- What to do when you are sick
- Mindful eating for better health
- Dining out strategies
- Challenges and strategies to being physically active
- Weight loss for better glucose
- Setting goals

Class 3

- Checking in on goals
- Glucose checkpoint
- Problem solving and identifying patterns using your records
- Blood pressure and heart health
- Eating for better heart health
- Alcohol and glucose management
- Physical activity and heart health
- Weight loss and heart health
- Revising goals

Class 4

- Assessing goals
- Delaying or preventing diabetes complications
- Taking care of your feet
- Getting enough good sleep
- Eating mindfully, not emotionally
- Keeping physically active over time
- When life gets in the way
- Revisit your support system
- Diabetes Recipes
- Resources for diabetes

A 60 minute one-on-one session with a Diabetes Care Specialist will be scheduled either before or after class for more personalized education and goal setting. You may also have insurance benefits for nutrition counseling that can be in addition to diabetes education.