

# FREE SERVICES AT WELLNESS CENTER

## Diabetes Education Classes

4-Part Series every Tuesday from 1-3 p.m.

**Week 1: Introduction to Diabetes** and how it affects the body  
led by a Registered Nurse

**Week 2: Nutrition and Healthy Eating**  
led by a Clinical Registered Dietitian

**Week 3: Effects of Exercise and Medications with Diabetes** led by a  
Certified Exercise Specialist and Pharmacist

**Week 4: Diabetes Complications** how Diabetes can affect the whole body led by a  
Registered Nurse.

Call 425-6956 to register.

*(New classes begin the first Tuesday of each month)*



## Diabetes Education Clinics

*(Open every Wednesday from 8-4:30)*

Schedule an appointment for a free educational clinic to learn more about Diabetes and how to take control. The clinic offers a variety of staff that can help you with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker and Registered Nurses specializing in Diabetes Education. This clinic is by appointment only and you may call 425-6956 to schedule. We also offer a telephonic coaching program for those unable to attend the clinic or for those who live out of town.

Working with your Doctor or Healthcare Provider is key to this educational clinic.

## New Diabetes Evening Classes

*First two Tuesdays of each month from 5:30-8:30 p.m.*

## Outpatient Nutrition Consults

Licensed Dietitian available for patients who need one-on-one nutritional counseling.

Call 425-6964

Hourly rates may apply to this service



*For the services listed above call 425-6956*