Health Classes

PRE-REGISTRATION IS REQUIRED.

PREDIABETES: MAKING HEALTHY CHANGES TO AVOID DIABETES

EAST | THURSDAYS, MAY 1 & JUNE 5, 4:30–6 P.M.

Are you newly diagnosed with prediabetes? Research shows that people with prediabetes can avoid developing diabetes. Learn how in this two-part class. Share your story, bring questions, and strategize with other participants. Each session is taught by a registered nurse or dietitian/certified diabetes educator. Most insurance companies cover the cost of the series with your usual copay. To register, please call 503-233-6940.*

DIABETES: INVITATION TO A HEALTHIER LIFE

BEAVERTON | WEDNESDAYS, APRIL 16–MAY 14, 4–5:45 P.M.

Whether you've just been diagnosed with Type 2 diabetes, or you've lived with it for years, you'll learn more about diabetes self-management in this five-week series. A registered nurse and a registered dietitian/certified diabetes educator teach each session to help you gain the skills, knowledge and confidence to maintain good health. Many health plans cover the cost of this series; ask your insurer directly about coverage for "diabetes self-management training." To register, please call 503-221-0161 ext. 2254.*

DIABETES SUPPORT GROUP — *NEW DATE AND TIME!*

SOUTH | WEDNESDAY, MARCH 19, 5–6 P.M.

TOPIC: Focus on Type 1 diabetes: Plan to share your tips, favorite diabetes apps and questions.

This support group is free and open to anyone with diabetes. To RSVP call 503-221-0161, ext. 2254, or send an email to RSVP@tpcllp.com, by March 15.*

REV IT UP!

BEAVERTON | TUESDAYS, APRIL 1–MAY 13, 12–1 P.M.

This seven-week weight-management program teaches you how to maximize your body's metabolism and live a healthy, balanced life. You'll learn practical approaches to nutrition and exercise. Cost: $59 — fee includes course book. Call 503-221-0161, Ext. 2254, to register.

**One support person may attend noted classes at no added cost.*

ON CALL FOR YOU, 24/7

A child develops a fever at bedtime...Worrisome symptoms appear over the weekend...These types of concerns shouldn't wait until the next business day. That's why The Portland Clinic has physicians available on-call 24 hours a day, seven days a week, including holidays, to assist you with after-hours medical concerns. If you need to talk to a doctor when your doctor's office is closed, call 503-221-0161 and ask for our on-call physician.