

DIABETES: INVITATION TO A HEALTHIER LIFE



5-WEEK SERIES FOR PATIENTS

Newly diagnosed or living with diabetes.

FOCUS

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.

Topics include: nutrition and meal planning at home and away, medications, self-blood glucose monitoring, enjoying exercise, and prevention of complications.

SESSIONS

5 sessions, 2 hours each session

INSURANCE

Many health plans cover the cost of this series. Ask your insurer directly about coverage for "diabetes self-management education and training."

REGISTER

503-223-3113 or
RSVP@tpcllp.com

One support person may attend at no additional fee.

Individual appointments available. Ask your doctor for a referral.

WINTER/SPRING 2019

PRE-REGISTRATION IS REQUIRED

JAN 9, 16, 23, 30, FEB 6 (Wednesdays)

4:00-6:00pm

At The Portland Clinic—Beaverton

15950 SW Millikan Way

Beaverton, OR 97003

FEB 20, 27, MARCH 6, 13, 20 (Wednesdays)

12:30-2:30pm

At The Portland Clinic—Northeast

5005 NE Sandy Blvd

Portland, OR 97213

APRIL 3, 10, 17, 24, MAY 1 (Wednesdays)

7:00-9:00pm

At The Portland Clinic—South

6640 SW Redwood Lane

Portland, OR 97224