

2019 Comprehensive Diabetes Class Schedule



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Tacoma Day & Evening Class Allenmore Hospital

TUESDAYS, 12:30-3pm AND 5:30-8pm

- Jan 8, 15, 22, Feb 26
- Feb 5, 12, 19, Mar 26
- Mar 5, 12, 19, April 23
- April 2, 9, 16, May 28
- May 7, 14, 21, June 25
- June 4, 11, 18, July 23
- July 2, 9, 16, Aug 27 (day only)
- Aug 6, 13, 20, Sept 24 (evening only)
- Sept 3, 10, 17, Oct 22
- Oct 1, 8, 15, Nov 26
- Nov 5, 12, 19, Dec 17

Auburn Day Classes Auburn Medical Center

SATURDAYS: Options available for class one and two attendance: Patients can attend class one and two on same day or split between two dates

- Class one: 9 am – 12pm
- Class two: 12:30 pm – 2:30 pm
 - Jan 12/Feb 9 ▪ July 13/Aug 10
 - Apr 13/May 11 ▪ Oct 12/Nov 9
- Follow-up Class: 3-4pm,
Available quarterly only
(next available date after class two completed)
 - April 13 ▪ Oct 12
 - July 13 ▪ Jan 11, 2020

Covington Evening Class MultiCare Covington Clinic

MONDAYS, 5:30-8pm

- Jan 7, 14, 21, Feb 25
- Mar 4, 11, 18, April 22
- May 6, 13, 20, June 24
- July 1, 8, 15, Aug 26
- Sept 9, 16, 23, Oct 28
- Nov 4, 11, 18, Dec 16

Puyallup Day & Evening Class Health Resource Center

WEDNESDAYS, 9-11:30am **OR** 1:30-4pm AND 5:30-8pm

Morning & Evening Classes

- Jan 9, 16, 23, Feb 27
- Mar 6, 13, 20, April 24
- May 1, 8, 15, June 26
- July 10, 17, 24, Aug 28
- Sep 4, 11, 18, Oct 23
- Nov 6, 13, 20, Dec 18

Afternoon & Evening Classes

- Feb 6, 13, 20, Mar 27
- Apr 3, 10, 17, May 22
- Jun 5, 12, 19, July 31
- Aug 7, 14, 21, Sept 25
- Oct 2, 9, 16, Dec 18

To attend a class series, please call:

Tacoma, Lakewood or Gig Harbor: **253.403.1726**

Auburn, Covington or Kent: **253.372.6996**

Puyallup / Spanaway: **253.697.1356, ext 3**

We look forward to being on your TEAM!

Your Diabetes Educators at MultiCare.

MultiCare