CLASS SCHEDULE
Allenmore Hospital Building B
1st Floor Classroom
   2nd Thursday of month
   10:30am - NOON

Good Samaritan Diabetes and Nutrition Clinic, Puyallup
   3rd Friday of the month
   9:30am - 11:00am

CONTACT INFO
To enroll in a monthly class or request more information, please call:
253-403-1726 (Allenmore)
235-697-1356 (Puyallup)
Class dates and times may vary over the year.
Provided by MultiCare Diabetes and Nutrition services department
Insurance benefits will be confirmed prior to participation

What will I learn?
Learning objectives:
• Recognize relationship between food and blood sugars
• Learn how to balance your plate with proteins and vegetables
• Plan menus and snacks that work to control YOUR blood sugar levels
• Determine how to use the nutritional food label and other nutrient counting tools
• Calculate total grams of carbohydrate per meals and snacks