

Diabetes Care and Prevention Program  
Karen I. Fryberg Tulalip Health Clinic

# 7 Skills: Living Well with Diabetes

Every Tuesday  
April 9th – May 21st

5pm to 7pm

*Karen I. Fryberg Tulalip Health Clinic  
Conference Room*

Have you developed diabetes in the last couple of years? Do you have questions and concerns about diabetes? Then this class is for you! Join us for a series of 7 classes covering all the topics of diabetes in an enjoyable, fun and relaxed manner. Guaranteed to make living with diabetes more manageable!

**Food will be served and incentive prizes will be given for participation.**

*To find out more information please contact:*

**Miguel Arteaga**, Diabetes RN at 360-716-5641 or  
**Jessica Bluto**, RD, CDE at 360-716-5706



KAREN I. FRYBERG

**TULALIP  
HEALTH CLINIC**

