

UPCOMING CLASS

DIABETES AND BEYOND

The Physicians' Hospital in Anadarko

1002 E. Central Boulevard

Anadarko, OK 73005

4:00 p.m. – 6:00 p.m., Thursdays

October 10 – November 14, 2019

WHAT TO BRING

You are welcome to bring something on which to take notes. We will provide take-home materials for all the information we cover in each class.

HOW TO SIGN UP

To register please call (580) 699-3976 or toll-free at (844) 692-6188.

Pre-registration is required to guarantee your copy of presentation materials. Walk-in guests will be accepted as space allows.

SW OHAI

Center of Healthy Aging

3811 W. Gore Blvd., Ste. 8

Lawton, OK 73505

580-699-3976

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www.OHAI.org

The Oklahoma Healthy Aging Initiative (OHAI) is a program of the Donald W. Reynolds Department of Geriatric Medicine at The University of Oklahoma and is supported by the Donald W. Reynolds Foundation.

Based on the principles of empowerment and education, the Diabetes and Beyond Education Program was created to provide you with the tools you need to better manage diabetes. You will learn about the importance of a healthy diet, physical activity, and maintaining a positive outlook through this six-week class. Take control of your health by learning how to take an active role in managing your diabetes!



WHO THIS IS FOR

This class is open to individuals who are pre-diabetic, have been diagnosed with diabetes, or think they may have it. We strongly encourage family and caregivers to attend as well.

WALK AWAY WITH TOOLS FOR:

- Find out how diabetes affects your body
- Make sense of your blood sugar numbers
- Meet others who have diabetes
- Have fun learning in a small group through games, activities, and support conversations
- Learn about diabetes through classes located in the community near your neighborhood