



Lifestyle & Learning

UPCOMING CLASS

DIABETES EDUCATION PROGRAM

Prairie Pointe

701 West Olive Street

Stroud, OK 74079

1 p.m. Tuesday

October 29th through

December 3rd, 2019

WHAT TO BRING

You are welcome to bring something to take notes with. We will provide take-home pamphlets and fliers for all of the information we cover in each class.

HOW TO SIGN UP

To register, call Devon Murray, Northeast Center of Health Aging Education Director, at 888-616-8161, or email her at devon-murray@ouhsc.edu.

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

Northeast

Center of Healthy Aging

2417 E. 53rd Street, Suite B

Tulsa, OK 74105

918-779-7367

NEOHAI@ouhsc.edu

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.

This class is sponsored by First Physician Capital Group and Stroud Regional Hospital.

Based on the principles of empowerment and education, the Gateway Diabetes 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 to eight 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

