



# FREE Diabetes Classes

for ANYONE with or who knows someone with Diabetes

Take charge of your life by learning how to control your diabetes.

[Sign Up Today!](#)

**Learn how to take better care of your diabetes.**

Sign up for a Diabetes Self-Management Education class and learn how to take charge of your health.

**In these classes you will learn how to live a healthier life with diabetes!!!**

**What to Expect:**

A trained instructor leads the class, which meets several times. Your class will be small – probably no more than 20 people. You will have plenty of time to ask questions and learn more from others in your class. **There will be an incentive for completing the program (all 6 classes)!!!!**

To sign up, call the number listed below. Hurry because seats may be limited.

**Choctaw Memorial Hospital Business Office @ 1405 E Kirk ST. Hugo, OK**

**10:00 a.m. to 11:30 or 12:00 p.m. Every Thursday –June 1, 2017 – July 6, 2017**

**Phone number to call to sign up: 580-372-0531 (Leave message)**

**Class to be presented by: Nora Testerman, Certified DEEP Educator**

**There is no fee for this class, it is totally FREE!!**

