



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!!



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