



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA



Presents:

DISCOVERING DIABETES: A Diabetes Self Management Education Series

Are you frustrated by testing your blood sugar but seeing no results?

Have you been recently diagnosed with diabetes and feel overwhelmed and confused on how to control your diabetes?

Do you feel like your life doesn't fit in the "diabetes box?"

Who should attend this class?

If you have diabetes, or have been recently diagnosed with diabetes, or have pre-diabetes then this class is perfect for you!!!

What topics will be covered?

- Getting to Know Diabetes
- Staying Well with Diabetes
- Basic Nutrition and Goal Setting
- Stress, Depression and Diabetes
- Physical Activity
- Medication for Management of Diabetes
- Preventing the Complications of Uncontrolled Diabetes

**Classes are free!
Must register:
Please call Jeanne at
918-382-2222**



When do the classes start?

The classes are 2 hours, once a week, for 4 weeks.

DATE: Wednesdays June 1st, 8th, 15th, 22nd,

TIME: 2:00 p.m. – 4:00 p.m.

Check in at the Front Desk

**PLACE:
Indian Health Care
550 S. Peoria
Tulsa, OK 74120**