

LAWTON PUBLIC LIBRARY

10 am Mondays

Starts Nov. 7th – Ends Dec 12th

Classes are 1.5 -2 hr in length



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 or email:

Emele Torres

Southwest OHAI

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SW OHAI

Center of Healthy Aging

3811 W Gore Blvd., Ste 8

Lawton, OK 73505

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.

UPCOMING CLASS

DIABETES EMPOWERMENT EDUCATION PROGRAM

Based on the principles of empowerment and education, Diabetes Empowerment and Education Program, or DEEP, 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 designed for individuals and caregivers who have chronic health problems.

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