

# HAVE DIABETES?

Tired of out of control blood sugar? You are not alone. Learn more.

Out of control blood sugar  
can lead to:



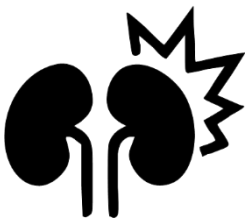
Increased risk for  
**heart disease**



**Stroke**



**Blindness**



**Kidney disease**

## I'M IN CONTROL | DIABETES CLASS

### WHERE?

**Rogers County Health Department**

2664 N Highway 88

Claremore, Oklahoma 74017

### WHO?

- + Diabetic Patients
- + Pre-Diabetic Patients
- + Caregivers
- + Family
- + Friends

### WHEN?

Oct 9th, 2019	1:00 – 3:00 pm	Introduction What is Diabetes?	Dr. Bill Smith, Medical Doctor
Oct 16 <sup>th</sup> , 2019	1:00pm-2:00pm	Exercise	TBA
	2:00 pm-3:00pm	Medications	Terry Seribandon, Pharmacist
Oct 23rd, 2019	1:00pm-3:00pm	Diet Planning	Karen Windle, Registered Dietician
Oct 30 <sup>th</sup> , 2019	1:00pm-2:00pm	Eye Care	Judy Riley, Optometrist
	2:00pm-3:00pm	Foot Care	Travis Wofford, Physical Therapist
Nov 6 <sup>th</sup> , 2019	1:00pm-2:00pm	SBGM	Jamie Weatherman, Health Educator
	2:00pm-3:00pm	Stress	Renetta Harrison, Health Educator

Learn tips to reduce your risk of diabetes complications



**Plan** meals and  
**make** healthy food  
choices



**Monitor** yourself:  
it's more than just  
your blood sugar

IF INTERESTED, PLEASE CALL... RENETTA HARRISON | 918-341-3166 |

**LEARN | CONNECT | GET SUPPORT**