



OCTOBER 3<sup>RD</sup> AND 4<sup>TH</sup>

1PM UNTIL 4PM

UPSTAIRS CONFERENCE ROOM OF  
THE HEALTH DEPARTMENT  
**DIABETES SELF-  
MANAGEMENT  
EDUCATION  
CLASSES**

Two afternoons of intensive learning to answer your questions in a fun and relaxed environment.

Take Charge of your  
Diabetes!!!

---

Learn how to lower  
your A1C

---

Diabetes can be  
controlled

---

Learn about the  
medications you  
take and what they  
do

---

Learn what annual  
exams you need

POARCH CREEK INDIAN  
HEALTH DEPARTMENT  
Upstairs Conference  
Room

Call 251-368-9136 ext.  
2326 to reserve your  
spot!