

# So you think you can't afford out of pocket expenses for Diabetes Self Management Training?



*Announcing...*

## *Diabetes Self-Management Lite*

*A class for those without insurance or without coverage for diabetes self management training.*

- Get the basic facts about Diabetes
- Learn about managing your Diabetes
- 1 hour class meets on Thursday, 3:30 – 4:30 pm
- Class taught by Diabetes Educators
- \$25 fee – paid at the door
- Pre-registration not required – just show up and pay fee

*Can you afford not to take advantage of Diabetes Self Management Lite?*

Hillcrest Center for Diabetes Management  
1265 S. Utica, Suite 100 • Tulsa 74104  
Call 579-3385 if you need directions.

 Hillcrest Center for  
Diabetes Management  
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*[www.todayshillcrest.com](http://www.todayshillcrest.com)*