

# Diabetes

## Questions about your Diabetes? Not sure what to do until you see your physician?

### Diabetes “Survival Skills” Class

United Regional provides a basic Diabetes “Survival Skills” Class to provide persons with diabetes the necessary skills and equipment to help control blood sugars and maintain health and safety at home.

A two-hour class is provided weekly and is especially helpful for those who may have been recently discharged from the hospital and are awaiting a follow-up visit with their physician.

We encourage you to attend one of these free classes. You will have an opportunity to learn and reinforce the basics of diabetes “survival skills,” as well as have your specific questions and concerns addressed by a diabetes educator.

**Please call 940-764-8190 for available class times. Classes are held Monday through Friday in two-hour intervals beginning at 8 a.m.**



**To register for the complimentary class, please call 764-8190.**

Classes are held in United Regional’s Education Building at 1600 Tenth Street, Wichita Falls.

Please see the map on the reverse side for additional location information.



*“Survival Skills” is now available from the comfort of your own home through secure video visits on your computer, tablet, or smartphone!*

*Ask us how when scheduling your appointment!*



# Education Building

## EDUCATION BUILDING:

The Education Building is located at 1600 Tenth Street. Traveling on Kell Blvd., take the Brook Ave. exit. On Brook, turn right onto Tenth Street, which is a one-way street. The Education Building is on your left, on the corner of Tenth and Grace Streets.

## PARKING:

There is reserved parking in the lot behind the Education Building. When you are traveling down Tenth Street, there is a driveway, to the left, between the helicopter pad and the Education Building. Turn into the driveway and proceed behind the building to the right. You may park in the spaces adjacent to the building and in the row that is covered. You may enter through the back door of the building.



1600 Eleventh Street  
Wichita Falls, Texas 76301

[www.unitedregional.org](http://www.unitedregional.org)