

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 help those with diabetes learn the necessary skills and education to help manage their disease and maintain health safely at home.

The one-hour class is provided weekly and is especially helpful for those who 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 nurse.

You can now sign up for a class through MyChart!

Visit <https://mychart.unitedregional.org>, then click "Schedule an appointment" to select a class and time.



To register for a complimentary class, please visit MyChart or call 940-764-8190.

IN-PERSON or VIRTUALLY

Diabetes Survival Skills class is offered at the Transition Clinic.

United Regional Transition Clinic

1301 3rd St.,
Wichita Falls, TX 76301

Classes are also available *from the comfort of your own home* through secure video on your computer, tablet, or smartphone.

