

Diabetes Solutions of Oklahoma  
Presents

## **Sugar Surfing:**

### ***Dynamic Diabetes Management***

with

**Stephen Ponder, MD, FAAP, CDE**  
Physician, Author, Person with T1D

Are you ready to commit to a dynamic method of diabetes self care? A philosophy which goes far beyond formulas, sliding scales and algorithms. An empowering approach which only improves and strengthens with time, patience and practice!

# **SUGAR SURFING™**



## Sugar Surfing:

### *Dynamic Diabetes Management*

A fun and interactive workshop

designed to teach new strategies for the management of  
type 1 diabetes

Ideal for anyone using an insulin pump and glucose sensor;  
however, these devices are not necessary.

### **Crossings Community Center**

10255 N Pennsylvania Ave, Oklahoma City, OK 73120

To register, visit **[www.dsok.net](http://www.dsok.net)** or call **(405) 843-4386**

**Cost: \$25**

Each additional person \$15 (Max people per registration: 4) Registration deadline March 28th

**Saturday, April 8, 2017**  
**1-4 PM**

**Note:**

- Snacks and beverages will be provided during the program.
- Childcare will NOT be available. Well behaved children of any age are welcomed to participate in this workshop.