



**Texas A&M AgriLife Extension  
presents**

## **DO WELL BE WELL-A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES**

**EDUCATION IS THE BEST MEDICINE**

**FREE, INTERACTIVE AND EDUCATIONAL 5 SERIES**

**Dink Wardlaw**

**300 E. 17th St.**

**11am-1pm:**

**3/16: Week 1 - How Food Affects Your Blood  
Glucose**

**3/23: Week 2 - Are You Eating the Right Number of  
Carbohydrates?**

**4/6: Week 3 - Beyond the Diet**

**4/13: Week 4 - Beyond the Diet and Physical  
Activity**

**4/27: Week 5 - Celebrating Diabetes Control while  
Avoiding Complications; Judith Olivarez-Trevino,  
APRN, FNP-BC**

**Collaborative Presenters: Methodist Healthcare  
Ministries and Cadena Family Practice**

**To register for the series, contact**

**Raquel Rodriguez at 830-774-7591 by March 9, 2020.**

**TEXAS A&M**  
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