



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 CLASSES starting 10/29/18 from 4-6pm:

10/29: Week 1 - How Food Affects Your Blood
Glucose

11/5: Week 2 - Are You Eating the Right
Number of Carbohydrates?

11/19: Week 3 - Beyond the Diet

11/26: Week 4 - Beyond the Diet and Physical
Activity

12/3: Week 5 - Celebrating Diabetes Control
while Avoiding Complications

Collaborative Presenters: Methodist
Healthcare Ministries, Val Verde Regional
Medical Center, WIC, and Texas A&M AgriLife
Extension Volunteers

To register for the series, contact
Raquel Rodriguez at 830-774-7591 by
October 22, 2018.

TEXAS A&M
AGRILIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.