

Sign Me Up!

___ Yes, I want to participate
in the Do Well, Be Well with
Diabetes program!

Please fill out the form below. Then
cut off the form and mail it to your
county Extension agent at:

TX A&M AgriLife Extension Service
Courthouse, 1 East Main
Bellville, TX 77418

Name:

Address:

City, State, Zip:

Phone:

E-mail Address:

How many family members or friends
will come to class with you? _____

Find out how you can

Do Well, Be Well with diabetes

Call your county office of the

Texas A&M AgriLife Extension Service.

Contact: Michelle Allen

Phone: 979-865-2072

E-mail: michelle.allen@ag.tamu.edu

Dates: Monday, Nov. 6, 13, 20, 27
Nov. 6th & 20th-6:00pm
Nov. 13th & 27th-6:30pm

Location:

Courthouse Basement
Meeting Room
1 East Main Street
Bellville, TX

Cost: \$45.00 per person
After October 31st
\$45.00 per person

Make checks payable to:

FCS Advisory Board

Must have a minimum of 8 participants

Or visit us online at:

<http://nfs.tamu.edu/extension/programs>



A program for people with type 2 diabetes

Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.

Classes

1. **Getting Started: How Food Affects Your Blood Glucose**
2. **Are You Eating the Right Number of Carbohydrates? Let's Find Out**
3. **Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity**
4. **Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication**
5. **Celebrating Diabetes Control While Avoiding Complications: Having Your Cake (or Snack) and Eating It, Too!**

Learn how you can do well and be well with diabetes!

- ✓ Get the facts from diabetes experts and professional educators.



- ✓ Meet others who have the same concerns you do.



- ✓ Get the encouragement you need to make positive changes.

- ✓ Ask the questions you want answered.



- ✓ Take home recipes and references you can share with friends and family.

WANT TO LEARN THE STEPS TO PREVENT COMPLICATIONS WITH DIABETES?

Step 1:

Contact your County Agent!

Step 2:

Come to our classes!

Step 3:

Learn from an expert!