

Wisdom, Power, Control

TEXAS A&M
AGRI LIFE
EXTENSION

Wisdom, Power, Control educates and empowers individuals to better control their diabetes through engaging, hands-on



**You've got the
POWER
to manage your
DIABETES!**



Class Dates & Times:

Thursdays:

March 22nd, 29th

April 5th, 12th, 19th, & 26th

Time:

11:00 a.m.– 12:30 p.m.

Location:

Greater Northside Plaza CDC, Inc.

6915-A Curry Road

Houston, TX 77093



Class Topics:

- What is Diabetes?
- What are Carbs?
- Blood Glucose Levels
- Diet and Nutrition
- Physical Activity
 - Medicine
 - Preventing Complications

Participants should plan to attend all Sessions.

For more information or to register contact

Rebecca Scono at 713-274-0950 or email: Rebecca.scono@ag.tamu.edu

Registration limited to the first 25!

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

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