

Wisdom, Power, Control



You've got the power



WHEN: *Wednesdays,*
**April 15th, 22nd, 29th &
May 6th, 13th and 20th**

TIME: **10:00 AM -11:30 AM**

WHERE: **Prairie View A&M University
Northwest Houston Center
9449 Grant Road, Suite 224
Houston, TX 77070**

Sign Up: **Susan Hubert, Admin. Asst.
Susan.hubert@ag.tamu.edu
713-274-0950, option 3**



In partnership with:  **PRAIRIE VIEW
A&M UNIVERSITY**
CONTINUING EDUCATION

**Individuals living with
diabetes, prediabetes,
caregivers and the
general public welcome!**

Session 1:

- **What is Diabetes?**
- **What are Carbohydrates?**
- **Dispelling Myths**

Session 2:

- **Using the Blood Glucose Meter**
- **Blood Glucose Levels**
- **High and Low Carbohydrates**
- **Treating Low Blood Glucose**

Session 3:

- **Understanding Proteins and Fats**
- **Portion Control**
- **Meal Planning**

Session 4:

- **Healthy Plate Method (single foods)**
- **Being Active with Diabetes**
- **Food Labels and Carbohydrates**

Session 5:

- **Plate Method w/Combination Foods**
- **Medication Management**

Session 6:

- **Stress Management and Diabetes**
- **Preventing Diabetes Complications**
- **Graduation Ceremony "Celebration"**

*Sessions include goal setting, videos
and engaging group activities to
empower individuals to better control
their blood sugar.*



**TEXAS A&M
AGRI LIFE
EXTENSION**

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in the meetings are encouraged to contact Susan Hubert, Administrative Assistant ten days before the program at 713-274-0950.