

*Class Starts
March 22nd*



TEXAS A&M
AGRI LIFE
EXTENSION

¡SÍ, YO PUEDO CONTROLAR

MI DIABETES!



- Free
- 4 classes
- Learn how to control your diabetes
- Learn how to live healthy
- Taught by health professionals

*Do you have Type 2 diabetes?
Do you want to be healthier?*

If so, ¡Sí, Yo Puedo Controlar Mi Diabetes! is a program for you.



LOCATION:

Felix Fraga-Houston Comm. College
301 North Drennan
Houston, TX 77003

TIME: 10:45 AM-12:15 PM

CONTACT:

Edna Navarro
713-718-2800
Email: Edna.Navarro@hccs.edu

DATES: Fridays, 3/22, 3/29, 4/5, 4/12

¡Su diabetes sí se puede controlar!

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 identify.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

La clase Empieca
22 de Marzo

¡Regístrese
hoy!

TEXAS A&M
AGRILIFE
EXTENSION

¡SÍ, YO PUEDO CONTROLAR

MI DIABETES!



- ☐ **Gratis**
- ☐ **4 clases**
- ☐ **Aprenda como controlar su diabetes**
- ☐ **Aprenda como vivir saludablemente**
- ☐ **Las clases serán impartidas por profesionales en el area de la salud**

*¿Tiene usted diabetes tipo 2?
¿Desea estar más saludable?*

Si es así, ¡Sí, Yo Puedo Controlar Mi Diabetes! es el programa para



DIRECCIÓN:

Felix Fraga-Houston Comm. College
301 North Drennan
Houston, TX 77003

TIEMPO:

10:45AM - 12:15 PM

PERSONA DE CONTACTO:

Edna Navarro 713-718-2800
Email: Edna.Navarro@hccs.edu

FECHA: Viernes, 3/22, 3/29, 4/5, 4/12

*¡Su diabetes sí se
puede controlar!*

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.