

Sign Me Up!

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

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Please complete the form below bring
or mail to: Parker County Extension
604 North Main St., Suite 2 00
Weatherford, Texas 76086 or to sign-
up call: 817-598-6168.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail Address: _____

Make check or money order payable
to: PC Ag

Find out how you can

Do Well, Be Well with diabetes

Call Parker County Extension office of
Texas A&M AgriLife Extension Service.

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Contact: Kathy Smith

Phone: (817) 598-6168

E-mail: kl-smith@tamu.edu

Dates: Thursdays,—April 19, 26, May 3, 17,
and 24, Register by April 17, 2018

Class Times Offered Include:

12:00 p.m.—1:15 p.m.

Location:

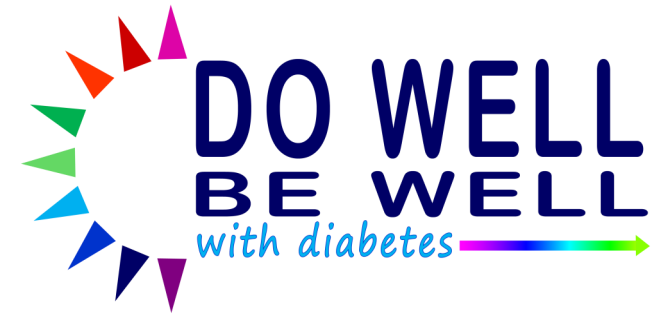
Parker County Extension Office
604 North Main St., Suite 200
Weatherford, TX 76086

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Or visit us online at:

parker.agrilife.org

Educational programs of the Texas A&M AgriLife Extension Service are open to
all people without regard to race, color, sex, religion, national origin, age,
disability, genetic information or veteran status.



**A program for people
with type 2 diabetes**

Parker County

\$10/person

Bring a lunch and come learn!

TEXAS A&M
AGRI LIFE
EXTENSION

Classes

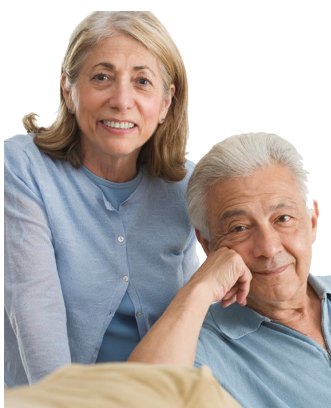
1. **Getting Started: How Food Affects Your Blood Glucose**
2. **Are You Eating the Right Number of Carbohydrates? Let's Find Out**
3. **Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity**
4. **Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication**
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.

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