



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

Online Interactive Group Classes

April 21, 23, 28, 30 and May 5

11:30am to 1:00pm

\$15 for all 5 classes

A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES



- ✓ Get the facts from diabetes experts and professional educators.
- ✓ Ask the questions you want answered.
- ✓ Get the encouragement you need to make positive changes.
- ✓ Meet others who have the same concerns you do.

EXPLORE OUR CLASSES



Getting Started:
How Food Affects
Your Glucose



Beyond the Diet:
Improving Your Blood Glucose
Control with Physical Activity



Beyond Diet and Physical Activity:
Improving Your Blood Glucose
Control with Medication



**Are You Eating the
Right Number of
Carbohydrates?**
Let's Find Out!



**Celebrating Diabetes Control
While Avoiding Complications:**
Having Your Cake
(or Snack) and Eating It, Too!

To find out more, contact:

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Registration opens April 13, 2020 at

<https://Agriliferegister.tamu.edu>