

Health Information for Texans!



Diabetes Management Class

Offered by Texas AgriLife Extension Service

Aransas County Senior Center, 912 S. Church Street, Rockport

Seven Classes Meeting Once Per Week

Thursdays, October 7- November 18, 2010

12:45 - 1:45 p.m.

Free

Do Well, Be Well with Diabetes will teach you how to manage your diabetes. You **can** be well with diabetes!

Your Class topics covered include:

- What is Diabetes?
- Nutrition — First Step to Diabetes Management
- One Diabetes Diet — No Longer the Sole Option
- Managing Your Blood Glucose
- Nutrition Labels
- Diabetes and Exercise
- For Good Measure at Home and Eating Out
- Diabetes Medicines
- Preventing and Managing Complications

Call Amy O'Brien-Glenn, County Extension Agent- Family & Consumer Science for more information at 361-790-0103 and to RSVP.

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.