

# DO WELL, BE WELL

*with Diabetes*

A PROGRAM FOR PEOPLE  
WITH TYPE 2 DIABETES

**Location: Burleson County Extension Office**

**Cost: \$20 for the series**

**Class workbooks, recipes,  
and food samples will be  
provided!**

**For more Information or to Register:  
Holly Narro; CEA-FCH  
(979) 567-2308  
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**Class Dates/Time:**  
Friday, October 20th  
Friday, October 27th  
Friday, November 3rd  
Friday, November 10th  
Friday, November 17th

**10:00 a.m. - 12:00 p.m.**

*Do Well, Be Well is a five-week series that helps people with Type 2 diabetes learn how to manage their blood glucose through basic nutrition and self-care management.*