

BEWELL 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 holly.narro@ag.tamu.edu

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.

Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.