

DO WELL BE WELL WITH DIABETES

A program for people and caregivers of people living
with Type 2 Diabetes

TEXAS A&M
AGRI LIFE
EXTENSION



Free Diabetes
Management Classes

Fridays 10:00 AM-12:00 PM

August 11, 2023

August 18, 2023

August 25, 2023

September 1, 2023

September 8, 2023

A five-part series

Register by August 4, 2023

**Brazos County Extension Office
4153 County Park Court
Bryan, Texas 77845**

**For more information or to
register call:**

**Brazos County Extension Office
979-823-0129**

or email

Flora Williams

fewilliams@ag.tamu.edu

Session 1:

How food affects your blood
glucose

Session 2:

Are you eating the right
number of carbs?

Session 3:

Improving your blood glucose
control with physical activity

Session 4:

Improving your blood glucose
control with medication

Session 5:

Celebrating diabetes control
while avoiding complications

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in the meetings are encouraged to contact the Brazos County Extension Office at 979-823-0129 ten days before the program.