

Jasper County

DATE: THURSDAY'S -

JANUARY 11, 2018 TO FEBRUARY 15, 2018

Do Well, Be Well with Diabetes....

is an educational program to help people with type 2 diabetes learn the skills they need to understand and manage their diabetes, to reduce their risks for complications, and to attain their highest possible level of wellness.

This program aims to help people control their diabetes rather than letting the disease control them. LOCATION: NEHEMIAH FAMILY LIFE CENTER 640 POLLARD ST JASPER, TX 75951

TIMES: 9 AM TO NOON

- 1. Getting Started: How Food Affects Your Blood Glucose
- 2. Are You Eating the Right Number of Carbohydrates? Let's Find Out
- 3. Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity
- 4. Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication
- 5. Celebrating Diabetes Control While Avoiding Complications: Having Your Cake (or Snack) and Eating It, Too!

TEXAS A&M GRILIFE EXTENSION

REGISTRATION: CALL THE GARMENT OF PRAISE COMMUNITY OUTREACH BY

JANUARY 4, 2018 AT 409-594-4267 OR

409-594-5205 OR 409-382-7750.

Cost: \$10 per person (payable \$2 a week) Limited scholarhsips available if you qualify to cover cost of class.

Community Partnership:



An Anthem Company

Consolidated First Choice Home Health, Inc.



Person needing auxiliary services need to contact Texas A&M AgirLife Extension– Jasper County office at 409-384-3721 within 5 working days prior to program.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating