



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

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
AGRILIFE
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 SCHOLARSHIPS
AVAILABLE IF YOU QUALIFY
TO COVER COST OF
CLASS.

Community Partnership:



Garment of Praise
Community
Outreach

 **Amerigroup**

An Anthem Company

Consolidated
First Choice
Home Health, Inc.



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