

**A program for people with type 2 diabetes**

* Get the facts about diabetes management.
* Ask the questions you want answered.
* Get the encouragement you need to make positive changes.
* Meet others who have the same concerns you do.

**What:** A program to empower people with type 2 diabetes

**Who**: Open to all (including friends/family members)

**When**: 6-8 pm each Thursday, May 19th – June 16th

**Where**: Extension Office in Lufkin – 2201 S. Medford Dr

**Cost**: $20 for all 5 classes (limited number of scholarships available).

*\*\*\*Register by May 13th to reserve your spot!\*\*\**

**For more information contact:
Joel Redus**

County Extension Agent—
Family & Consumer Sciences
936-634-6414 x101

joel.redus@ag.tamu.edu

**Class Schedule**

1. Getting Started: How Food Affects Your Blood Glucose – May 19th
2. Are You Eating the Right Number of Carbohydrates? Let’s Find Out – May 26th
3. Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity – June 2nd
4. Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication – June 9th
5. Celebrating Diabetes Control While Avoiding Complications: Having Your Cake (or Snack) & Eating It, Too! – June 16th



*Find out how you can Do Well, Be Well with diabetes*[***http://fcs.tamu.edu/diabetes***](http://fcs.tamu.edu/diabetes)

Provisions from the American Disability Act will be considered when planning educational programs and activities.
Please notify the Angelina County Extension Office at 936.634.6414 by May 12, 2016 if you plan on attending
this program and need specialized services.

\*Take home recipes and references you can share with friends and family

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REGISTRATION:

Make checks payable to **Angelina FCS Committee.** Registration / payment may be mailed to or dropped off to the **Angelina County Extension office at 2201 S. Medford Dr., Lufkin, Texas 75901**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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****How many attending? \_\_\_\_\_\_\_\_\_\_\_\_

Total Amount:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Session: \_\_\_\_\_\_\_\_\_9:00 am - 11:30 am

 \_\_\_\_\_\_\_\_\_\_1:00 pm - 3:00 pm How many attending? \_\_\_\_\_\_\_\_\_\_\_\_

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Educational programs of the 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 Courts of Texas Cooperating