

A program for people with type 2 diabetes



- ✓ Get the facts about diabetes management.
- ✓ Learn to enjoy a variety of foods while managing blood sugar.
- ✓ 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, October 5th, 12th, & 19th
Where: Preventative Health Center at 205 Shands Dr, Lufkin, TX 75904
Cost: \$20 for all 3 classes (limited number of scholarships available).

Must pre-register by to reserve your spot!

For more information contact:

Joel Redus
County Extension Agent—
Family & Community Health
936-634-6414 x1
joel.redus@ag.tamu.edu

Class Schedule*

1. **Getting Started:** Food, Carbohydrates, and Glucose, Oh My! – Oct 5th
2. **Beyond the Diet:** Getting Active/Avoiding Complications – Oct 12th
3. **Beyond Diet and Physical Activity:** Improving Your Blood Glucose Control with Medication – Oct 19th

*All classes led by Registered Dietitian Nutritionist, Registered Nurse, or Pharmacist.

Find out how you can Do Well, Be Well with 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 Sep 29, 2017 if you plan on attending this program and need specialized services.



**Take home recipes and references you can share with friends and family. All materials available in English and Spanish.*



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 _____ How long have you had type 2 diabetes? _____

Address _____

E-mail _____ Phone _____

How many attending? _____ (There is no additional cost to bring a friend or family member for support)

Total Amount: _____ Check # _____

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