

Do Well, Be Well with Diabetes

5-part series to help manage type 2 diabetes

Jan 18, 20, 25, 27
& Feb 1

10:00 am - 12:00PM

\$15 for all 5 sessions

2201 S. Medford Dr
Lufkin, TX 75901

- **Interactive sessions** taught by Registered Dietitian Nutritionist and Registered Nurse
- **Relevant topics** including meal planning, managing blood sugar, avoiding complications, & more!
- **Scholarships available** for anyone experiencing financial hardship

Advance Registration Required.

Space is extremely limited to allow social distancing.

Contact:

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Ann Watson: awatson@acchd.us or 936.633.0629

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Provisions from the American Disability Act will be considered when planning education programs and activities. Please contact joel.redus@ag.tamu.edu by two weeks prior to the event if you plan on attending this program and need specialized services.