2016 Diabetes Education Classes

Will cover the following topics:

- Getting Started: How Food Affects Your Blood Glucose
- Are You Eating the Right Number of Carbohydrates?
- Beyond the Diet
- Beyond the Diet and Physical Activity
- Celebrating Diabetes Control while Avoiding Complications

Classes will be held at Harrison County Extension Office, 102 W. Houston, Marshall, TX

Call 903-935-8414 by Mar 31 to RSVP

Guest speakers includes: doctors, nurses, pharmacist, exercise specialist, etc.

April 7, 14, 21, 28
May 5
Time: 6pm-8pm

Registration Fee is only $25.

If you require an auxiliary aid please contact the Harrison County Extension Office, 903.935.8414.