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!***

Class Schedule
2. Are You Eating the Right Number of Carbohydrates? Let’s Find Out – May 26th
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

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.

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________________________
Address_____________________________________ E-mail_______________________

How many attending? ____________

Total Amount:_________________________ Check #________________________

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