



**DO WELL
BE WELL**

TEXAS A&M AGRILIFE EXTENSION

October 2, 2024 – October 30, 2024

Wednesday Evenings

5:30pm – 7:30pm

Registration Fee: \$15.00

Registration Deadline: September 30, 2024

A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES



- ✓ Get the facts from diabetes experts and professional educators.
- ✓ Ask the questions you want answered.
- ✓ Get the encouragement you need to make positive changes.
- ✓ Meet others who have the same concerns you do.

EXPLORE OUR CLASSES



Getting Started:
How Food Affects
Your Glucose



Beyond the Diet:
Improving Your Blood Glucose
Control with Physical Activity



Beyond Diet and Physical Activity:
Improving Your Blood Glucose
Control with Medication



**Are You Eating the
Right Number of
Carbohydrates?**
Let's Find Out!



**Celebrating Diabetes Control
While Avoiding Complications:**
Having Your Cake
(or Snack) and Eating It, Too!

To find out more, contact:

Family & Community Health Agent: Rachel Esquivel – McLennan County

4224 Cobbs Dr Waco Tx, 76710 | Tel: 254.757.5180

Email: rachel.esquivel@ag.tamu.edu |