

# DO WELL, BE WELL WITH DIABETES

The Texas A&M AgriLife Extension Service is excited to offer this free educational program focused on managing type 2 diabetes. This will be a multi-county effort.

**Dates:** March 3, 10, 17, 24 & 31 (Register by March 1, 2021)

**Time:** 12:00 pm to 1:00 pm

**Location:** Virtual series on Microsoft TEAMS

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classes

Learn how to manage your diabetes through food & exercise.

Learn more about medication, self-care, and more.

**WEEK 1:** How Food Affects Blood Glucose

**WEEK 2:** Are You Eating the Right Number of Carbohydrates?

**WEEK 3:** Improving Blood Glucose Control with Physical Activity

**WEEK 4:** Improving Blood Glucose Control with Medication

**WEEK 5:** Having Your Cake (or Snack) & Eating It, Too!

To Register:

[https://agrilife.az1.qualtrics.com/jfe/form/SV\\_eW3gHOltPBM66uW](https://agrilife.az1.qualtrics.com/jfe/form/SV_eW3gHOltPBM66uW)

Contact: Angie Gutierrez, Bexar County  
Family & Community Health Agent  
aogutierrez@ag.tamu.edu  
210-631-0400



THESE PROGRAMS ARE OFFERED FREE DUE TO SUPPORT OF GRANT FUNDING.

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