

COPING **2** CONTROL

Living positive with diabetes

The Texas A&M AgriLife Extension Service is excited to offer this free educational program focused on empowering you to manage stress & negative emotions related to diabetes.

Dates: May 5, 12 & 19 (Register by May 3, 2021)

Time: 10:00 - 11:30 am

Location: Virtual series on Microsoft TEAMS

3

classes

Learn how to deal with the emotional side of diabetes.

Develop positive coping & problem solving skills.

WEEK 1

Sad, Angry & Happy: Your Emotions are Real

WEEK 2

Healthy Coping: Dealing with Diabetes Stress

WEEK 3

Taking Control: Mindful Living with Diabetes

To Register:

https://agrilife.azureforms.net/form/SV_e4LcJVIL4posilm

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THIS PROGRAM IS OFFERED FREE DUE TO SUPPORT OF GRANT FUNDING.

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