

**October 13**

**Getting Started:  
How food affects  
your blood glucose**

**October 20**

**Are you eating the  
right number of carbo-  
hydrates?**

**Let's find out**

**October 27**

**Beyond the Diet:  
Improving your blood  
glucose with physical  
activity**

**November 3**

**Beyond Diet & Physical  
Activity:  
Improving your blood  
glucose control with  
medication**

**November 10**

**Celebrating Diabetes  
control:  
Having your cake (or  
Snack) and Eating it too!  
While avoiding complica-  
tions**

# **Do Well, Be Well with Diabetes**

**Cost: \$15**

**Class time: 3:00pm to 5:00pm**

**Who should attend?**

**\*Type 1 and Type 2**

**\*Parents, Spouses, Caregivers**

**\*Gestational**

**To register contact Emily Janowski at**

**936-327-6828**

**602 E. Church St. Suite 127**

**Livingston, TX 77351**



**TEXAS A&M  
AGRI LIFE  
EXTENSION**

Agriculture & Natural Resources \* Family & Consumer Sciences \* 4-H & Youth Development  
\* Community Development Extension programs serve people of all ages regardless of socio-economic level, race, color, sex, religion, disability, or national origin The Texas A&M University System, U. S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating A member of The Texas A&M University System and its statewide Agriculture Program. **Anyone needing special assistance at an Extension Program should contact the Texas AgriLife Extension Office at (936)327-6828 at least one week prior to the program or event.**