

Sign Me Up!

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Please fill out the form below, and mail it to:

Elgin First United Methodist Church

216 W 3rd Street

Elgin, Texas 78621

Name:

Address:

City, State, Zip:

Phone:

E-mail Address:

**How many children will you bring
for childcare? _____**

**How many family members or friends
will come to class with you? _____**

Find out how you can

Do Well, Be Well with diabetes

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COST: FREE

DAYS: TUESDAYS, June 7—July 5, 2016

TIME: 5:30pm-7:30pm

LOCATION:

Elgin Public Library Civic Center

404 N. Main Street

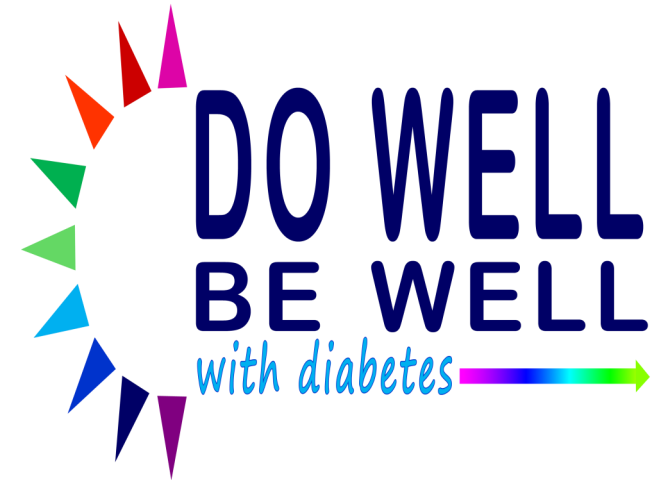
Elgin, TX 78621

****FREE childcare will be provided for
children of class participants. Childcare
provided by YMCA .**

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Or visit us online at:

<http://fcs.tamu.edu/diabetes>

Educational programs of the Texas A&M AgriLife Extension Service are open to
all people without regard to race, color, sex, religion, national origin, age,
disability, genetic information or veteran status.



**A program for
people with type
2 diabetes**

For More Information Contact:

Deborah Laurents, RN

216 W 3rd Street, Elgin, TX 78621

512-285-4501

-or-

Hillary Long CEA-FCS Bastrop County

901 Pecan Street, Bastrop, TX 78602

512-581-7186

Classes

1. **Getting Started: How Food Affects Your Blood Glucose**
2. **Are You Eating the Right Number of Carbohydrates? Let's Find Out**
3. **Beyond the Diet: Improving Your Blood Glucose Control with Physical Activity**
4. **Beyond Diet and Physical Activity: Improving Your Blood Glucose Control with Medication**
5. **Celebrating Diabetes Control While Avoiding Complications: Having Your Cake (or Snack) and Eating It, Too!**

Learn how you can do well and be well with diabetes!

✓ Get the facts from diabetes experts and professional educators.



✓ Meet others who have the same concerns you do.



✓ Get the encouragement you need to make positive changes.

✓ Ask the questions you want answered.



✓ Take home recipes and references you can share with friends and family.

Special Thanks!!!

TEXAS A&M
AGRI LIFE
EXTENSION



Elgin Physical Therapy