

Cooking Well With Diabetes

A four-class series for individuals interested in diabetes prevention and control. This course compliments the “Do Well Be Well with Diabetes” self-care and nutrition series.



Program Coordinators:

Texas AgriLife Extension Service,
Victoria County
Texas AHEC East: Victoria Region

**4 Classes Held 6:00-7:30pm at First
United Methodist Church, Wesley
Hall, 407 N. Bridge St.)**

- **Tuesday, February 7, 2012**
- **Thursday, February 9, 2012**
- **Thursday, February 16, 2012**
- **Thursday, February 23, 2012**

Funding provided by the Department of State Health
Services, Texas Diabetes Program



CONTACT: 361-575-4581
TO RESERVE YOUR SPOT TODAY

Spaces are limited. **Cost: \$10 per person**
(Scholarships are available to cover cost of the program)