

**Register Today!**

# Get Ready for Some “ZUMBA”

**No-cost to  
attend for  
those who  
qualify**

**IMPORTANT: Before beginning any exercise program it's important to consult with your primary care physician.**



## Who Should Attend:

Persons wanting a fun and cardio driven workout! Classes are free to “Do Well Be Well with Diabetes” or “Cooking Well with Diabetes” participants. Others may come (space permitting) for \$15 per month.

**Classes begin:  
February 2nd  
Offered each Monday  
and Thursday**

**Contact: Trisha Simank at  
AgriLife Extension to register:  
361-575-4581. Offered on a  
first come, first serve basis.**

## Program Sponsors:

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

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

**Time: 5:30-6:30 p.m.  
Location: Skateworld  
108 Monterrey Drive  
(off of Sam Houston  
Street)**