

# 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.

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## Program Coordinators:

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



TEXAS  
**AHEC**  
EAST  
VICTORIA REGION

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



**TO REGISTER CALL:  
361-575-4581  
(REGISTRATION REQUIRED)**

**4 Classes Held 5:30pm-7:00pm at  
First United Methodist Church, 407 N.  
Bridge St.-Garden Room (Parking on  
Power Street Side)**

- **Tuesday, April 1, 2014**
- **Tuesday, April 8, 2014**
- **Tuesday, April 15, 2014**
- **Tuesday, April 29, 2014**

\$10 to attend all 4 classes—Light meal will be served.

Door Prizes!