

# 2nd Annual Crossroads Diabetes Expo: *Changing Habits-Changing Lives 2014*

Saturday, November 8 • 8a.m. - Noon • Victoria College Health Sciences Center



According to the American Diabetes Association, an estimated 10,000 people in Victoria County have diabetes, with 1 in 3 not knowing it.

## Educational Topics:

- Diabetes medications
- Mental health
- Understanding lab values
- Nutrition and portion control
- Exercise tips

## Free Health Screenings:

- Blood-glucose testing
- Foot, vision, & blood pressure checks
- Pneumonia shots for those who qualify

## Healthy Living:

- Healthy cooking demonstrations
- Flu shots offered



For reservations or more information call: (361)575-4581

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

*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*