



An educational program series for people with type 2 diabetes. The workshops help participants learn how to manage their meal plan and self care to maintain their blood glucose in the ranges recommended by the American Diabetes Association.

6:30 p.m.—8:30 p.m.

**Parker County
Agricultural Services
Center**

**604 North Main Street
Weatherford, Texas**

**\$20.00 per person for the
entire series**

**Scholarships are
available**

Tuesday, October 2, 2012

What is Diabetes?

Managing Your Glucose

Tuesday, October 9, 2012

*On Diabetes Diets-No Longer the Sole
Option*

Nutrition Labels

Tuesday, October 23, 2012

Diabetes and Medicines

Diabetes and Exercise

Tuesday, October 30, 2012

*For Good Measure at Home and Eating
Out*

Preventing and Managing Complications

Educational programs of Texas AgriLife Extension Are open to all people without regard to race, color, Sex, disability, religion, age, or national origin. Persons with disabilities requiring auxiliary aids or special accommodations should call 8170598-6168, Texas AgriLife Extension Service by September 24,

**For more
information or to
register:**

817-598-6168