

Do Well Be Well with Diabetes & Healthy Carbohydrates Series

4-Class Series for Managing Type 2 Diabetes & Pre-Diabetes

Parker County Extension Office
604 North Main Street in Weatherford

Wednesdays:

October 18 & 25

November 1 & 8

9:30 a.m. - 12:00 noon

Participants must pre-register by calling:
817-598-6168

No-cost to participants—Free Class

Take Charge Of Your Diabetes!

- Blood Sugar
- Meals
- Medication
- Lifestyle



Diabetes is not curable, but it is manageable. With proper management, people with diabetes can keep their costs, health risks, quality of life, and productivity close to that of those without the disease.

Through the Healthy Carbohydrate & Do Well Be Well, You Can:

- Find the right number of carbs for your healthy goal
- Learn how to incorporate carbohydrates into our meals
- Improve your blood sugar & A1C levels
- Enjoy a flexible meal plan
- Prevent & reduce complications
- Get the encouragement you need



Get the facts from health professionals -

The curriculum is consistent with the American Diabetes Association Standards

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