



2016 Diabetes Education Classes



Guest speakers includes: doctors, nurses, pharmacist, exercise specialist, etc.

Registration Fee is only \$25.

**April 7,14,21,28
May 5**

Time: 6pm-8pm

Call 903-935-8414 by Mar 31 to RSVP

If you require an auxiliary aid please contact the Harrison County Extension Office, 903.935.8414.

Will cover the following topics:

- Getting Started: How Food Affects Your Blood Glucose
- Are You Eating the Right Number of Carbohydrates?
- Beyond the Diet
- Beyond the Diet and Physical Activity
- Celebrating Diabetes Control while Avoiding Complications

Classes will be held at Harrison County Extension Office,102 W. Houston, Marshall, TX

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