



2017 Diabetes Education Classes



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

Registration Fee is
only \$25.

March 2,9,16,23,30

Time: 6pm-8pm

Call 903-935-8414 by February 24 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

The Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity."

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