



WHEN & WHERE:

Tuesday, February 7, 14, 21, 28 - March 6, 2012 (5 weeks)

4:00 PM - 6:00 PM

El Campo Library

200 W. Church Street

El Campo, TX 77437

FOR WHOM:

Persons with **Type 2 Diabetes** & Caregivers/Family Members of
Persons with Type 2 Diabetes

COST:

\$15 per person (includes healthy snacks, printed handouts and
diabetic cookbook.)

FEE MUST ACCOMPANY REGISTRATION FORM

To Register call or come by the County Extension Office,
315 E. Milam, Suite 112, Wharton (Jaime Bosch) - 979-532-3310 or
Email at jlbosch@ag.tamu.edu

SPONSORS:

El Campo Memorial Hospital
Texas AgriLife Extension
Mid Coast Medical foundation
Gulf Coast Medical Foundation

The program includes information on Nutrition and Dietary Treatment of
Diabetes, Nutritional Labels, Portion Sizes, Eating Out, Managing Blood
Sugar, Exercise, Foot Care, Health Checkups, Diabetes Medicines