

“Do Well Be Well with Diabetes”

Texas A&M AgriLife Extension Service of Harrison, Rusk, and Shelby County have partnered to offer a comprehensive diabetes education series called, “Do Well Be Well with Diabetes.”

The five-session series will provide participants with the latest information on managing diabetes by focusing on how food affects blood glucose, eating the right number of carbohydrates, going beyond the diet and physical activity: improving blood glucose control with medication, and celebrating diabetes control and avoiding complications.

Do Well Be Well with Diabetes was designed by Texas A&M AgriLife Extension specialists to assist patients who

have recently been diagnosed with Type 2 Diabetes, have had diabetes for many years, and for the spouses and caregivers of loved ones with diabetes.

Nine lessons will be taught over a period of five classes teaching individuals about diabetes and how to manage the disease. Each lesson will be presented by local health care professional guest speakers with expertise in the subject area.

Classes will be offered virtually every Thursday in October from 10:00 am-11:00



**LIZ
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Extension Agent

am. For participants that cannot attend at 10 am, a recording of the training will be emailed to them following each class. Registration for the five week series is \$12. To register, please click on this link

<https://www.eventbrite.com/e/do-well-be-well-with-diabetes-education-class-tickets-120285833165>

Scholarships will be offered to the first ten people to register for the course thanks to the generous support of our sponsor, Genesis Primecare. So be one of the first to register!

For additional information on this program, please contact the Rusk County Extension Office at 903-657-0376.