

WISDOM, POWER, CONTROL

The Texas A&M AgriLife Extension Service is excited to offer free educational programs focused on managing type 2 diabetes through hands-on engaging activities.

Dates: April 20th, 22nd, 27th, 29th, 2021

Time: 12:00 - 1:00 pm - lunch and learn-Bring your lunch

Location: Maggie Trejo Center, 3200 Amherst St., Lbk

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classes

Learn how to manage your diabetes through food & exercise.

Learn more about medication, self-care, and more.

To register, contact your local county agent!

Register Online to watch virtually or the replay

<https://lamb.agrilife.org/family-consumer-sciences/>

Call: (806)-775-1740

E. Kay Davis, MS, LD, Lubbock CEA-FCH

This class will be offered in-person at the Maggie Trejo Center.

The Online sessions will be recorded BUT you must register to receive the information.

THESE PROGRAMS ARE OFFERED FREE DUE TO SUPPORT OF GRANT FUNDING.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.