

FREE

Do you suffer from Diabetes? Diabetes Self-Management Classes™

Offered by the Area Agency on Aging of Central Texas

***Master the Tools to Make a Difficult
Diagnoses More Manageable.***

Topics will include:

- Understanding the Disease.
- Planning & selecting healthy foods.
- Learning to communicate with family and healthcare teams.
- Setting goals & action plans.

**RSVP Required:
Ask for Theresa
254-770-2346**

Where:

Lions Club Park

1700 E Stan Schlueter Loop

Killeen, Texas

When:

Wednesday Afternoons
1:00 –2:30 p.m.

February 2,9,23 and
March 3, 9 , class ending on 16th

