

***Do you have Type 2 diabetes?  
Do you want to be healthier?  
If so, Wisdom, Power, Control is  
the program for you!***



Sponsored by

Texas A&M AgriLife Extension Service-Comal County  
& Tye Preston Memorial Library



## **Wisdom Power Control**

Is a FREE 4-week educational series that educates and empowers individuals to better control their diabetes through supportive, engaging, hands-on activities, and lessons.

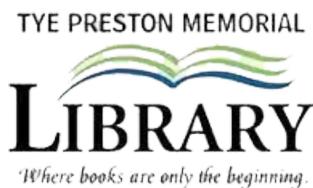
### **Where**

Tye Preston Memorial Library  
16311 S. Access Road  
Canyon Lake, Texas 78133

### **When**

October 4, 11, 18 & 25, 2022  
11:30 am to 1:00 pm

Attend all 4-weeks to  
be eligible  
for great give-aways!



### **You will learn to:**

- Develop diabetes self-care skills
- Improve eating habits and maintain good nutrition
- Increase physical activity
- Identify carbs
- Prevent diabetes complications
- Improve your quality of life living with type 2 diabetes

**Register by September 30, 2022 at**

<https://tpml.assabetinteractive.com/calendar/wisdom-power-and-control/> or go to [tpml.org/calendar](http://tpml.org/calendar)