

***Do you have Type 2 diabetes?***

***Do you want to be healthier?***

**If so, Wisdom, Power, Control is  
the program for you!**

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



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!**

TYE PRESTON MEMORIAL

**LIBRARY**  
*Where books are only the beginning.*

### **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](https://tpml.org/calendar)

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