



This is a program covering self-care and nutrition topics to improve management of Type 2 diabetes.

To register and find out how you can do well and be well with diabetes, call your Comal County Extension Office

Classes will take place at the Extension Office from 10:00 am to 12:00 pm on the following dates:

- **Wednesday, October 3rd**
- **Wednesday, October 10th**
- **Wednesday, October 17th**
- **Wednesday, October 24th**
- **Wednesday, October 31st**

Please call to register by Wednesday, September 26th

Texas A&M AgriLife Extension Service - Comal County
325 Resource Drive
New Braunfels, TX 78132
(830)620-3440

Krystal R. Snider
County Extension Agent
Health Education

krystal.snider@ag.tamu.edu
<http://comal.agrilife.org>

AgriLifeExtension.tamu.edu

TEXAS A&M
AGRI LIFE
EXTENSION