

Cooking Well With Diabetes

A series of four (4) educational classes to help you manage diabetes. The classes include hands-on cooking activities to practice making healthy recipes.

First Session Begins:

Thursday, October 6 ~ 5:30pm — 7:30pm

Gregg County AgriLife Extension Service

405 East Marshall Avenue #101 ~ Longview, TX

Other class dates will be confirmed with participants the first night.

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.
The Texas A&M University System, U.S. Department of Agriculture, and the
County Commissioners Courts of Texas Cooperating.



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL

TEXAS A&M AGRILIFE EXTENSION



Register by September 30, 2016

\$30 for two people (diabetic & caregiver): \$ _____ \$20 for one person (diabetic/pre-diabetic): \$ _____

*Make checks payable to: Ag Development Fund **NOTE: Fees are not refundable, but ARE transferable.*

Name(s): (1) _____ **(2)** _____

Address: _____ **City:** _____

State: _____ **Zip Code** _____ **Phone:** (main) _____ (secondary) _____

Email: _____ **County:** _____

Return completed form & payment to:

Gregg County AgriLife Extension Office

ATTN: Tami Putnam

405 East Marshall Avenue #101

Longview, Texas 75601

Registration Questions?? Call Tami in Gregg County: 903-236-8429 or Julie York in Upshur County: 903-843-4019