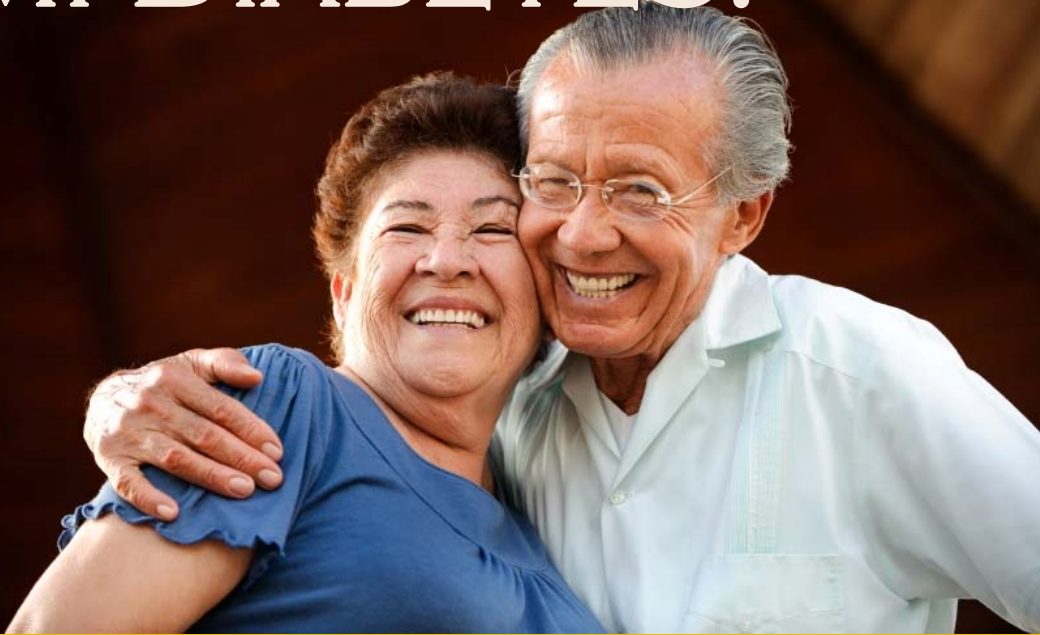


Spring

¡SÍ, YO PUEDO CONTROLAR

MI DIABETES!



- Free
- 7 classes
- Learn how to control your diabetes
- Learn how to live healthy
- Taught by health professionals

*Do you have Type 2 diabetes?
Do you want to be healthier?*

If so, ¡Sí, Yo Puedo Controlar Mi Diabetes! is a program for you.



*Yes! You can control your
diabetes!*

Notice/Aviso

Classes will be hosted on Monday's starting at 5pm at Multi-Purpose Center - Fort Ringgold Campus, Rio Grande City, TX.

Please call the county Extension office to register 487-2306 and sign up....

Classes Start in February 13, 2012