

# What is Wisdom, Power, Control?

- ◆ A free, 6-week diabetes self-management education program targeting people who live with diabetes
- ◆ Classes are taught by trained healthcare professionals.
- ◆ Each class is approximately 1½ to 2 hours long.
- ◆ Participants learn about practical lifestyle skills to better control their diabetes.
- ◆ Family members are encouraged to attend.
- ◆ Free educational materials provided to participants.



# Questions?

Wisdom ◆ Power ◆ Control

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

TEXAS A&M  
AGRI LIFE  
EXTENSION

**WISDOM,  
POWER,  
CONTROL**



**Lifelong Diabetes  
Management**



*Do you live with diabetes?  
Do you want to be healthier?*

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

## TOPICS

Week 1: What is diabetes?

Week 2: Checking your blood  
glucose levels

Week 3: Eat healthy with  
diabetes

Week 4: Be active with diabetes

Week 5: Medicines and diabetes

Week 6: Preventing diabetes  
problems

## CLASS SCHEDULE

**Thursdays**

October 3rd—November 7th 2019

2 pm—4 pm

South Plains Food Bank

(Cooking Demonstration Included)

## CLASS LOCATION

South Plains Food Bank

5605 MLK BLVD

Lubbock, TX 79404

**You've got the  
power to manage  
your diabetes!**



**Wisdom, Power, Control  
educates and empowers  
people to *live healthy*  
with diabetes.**

