

TAKE CHARGE

of Your Diabetes

A FREE
CLASS FROM
STANFORD
UNIVERSITY!



Wednesdays from 1:00 pm — 3:00 pm

Beginning September 2

Ending October 7

**The Anne Thurmond Board Room at
*The Jackson-Madison County Library***

433 E. Lafayette St. Jackson, TN 38301

The class is free, but everyone must pre-register.

Space is extremely limited!

Call (731) 772-2861 to sign up.

ALL AGES WELCOME!

CLASS INSTRUCTORS

Tennille Short ztshort@utk.edu (731) 772-2861

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Do you have diabetes?

**Do you care for a spouse,
parent, child, or other person
with diabetes?**

If so, this is the class for you!



LET US HELP YOU:

- **Understand diabetes and its effect on the body**
- **Plan meals to better control blood sugar**
- **Deal with stress and emotions related to diabetes management**
- **Communicate more effectively with health care providers and get more out of each visit.**
- **Live your best life possible!**

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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CONSUMER
SCIENCES** 
Creating Healthy & Sustainable Families

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.