

On the Road to Living Well with Diabetes

Do you have diabetes or pre-diabetes?

Take charge of your health and you own diabetes care.

Benefits for participants:

- Learn about the five most important tests for diabetes
- Learn how to discuss test results with your healthcare provider
- Learn to prepare healthy meals for you and your family
- Learn why it is important to be physically active

Thursdays: February 6, 13, 20, 27, and May 1
10am-11:30am

Otero County Extension Service, 401
Fairgrounds Rd, 88310

To register call the Ext Office: 575-437-0231



Blood Pressure
Test

A1-C
Test