NC Cooperative Extension
Davidson County Center
301 East Center Street
Lexington, NC 27292

336-242-2080
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For accommodations for persons with disabilities, contact our office at 336-242-2080 no later than five business days before the event.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two universities welcome all persons without regard to sexual orientation.
Take Charge of Your Diabetes...

...with an Extension-based collaborative educational program and support group that is targeted to persons with type 2 diabetes or for anyone who is interested in discussing diabetes.

You will get information and motivation to help you adopt positive lifestyle changes.

The program has been successful in helping participants improve blood glucose control, which reduces long-term health risks.

2010 Schedule and Monthly Topics

March 22        “What is Diabetes?”
April 26        “Keeping Track of Blood Glucose”
May 24          “Diabetes Medications”
June 28         “Nutritional Management of Diabetes”
July 26         “Carbohydrate Counting”
August 23       “Exercise and Physical Activity”
September 27    “Standards of Medical Care”
October 25      “Cardiovascular Disease”
November 22     “Foot Care and Setting Goals”

The Support Group will be at the Davidson County Agricultural Center
301 East Center Street
Lexington, NC
in the Cecil Auditorium
The meeting will begin at 6pm.

The Support Group is free but it is recommended you pre-register for the meeting each month by calling 242-2080 to reserve a spot.

TCYD Can Help You:

- Improve your hemoglobin A1C
- Lower your blood pressure
- Create a healthy meal plan that works for you
- Learn how to check your feet
- Take charge of your diabetes!