



## Managing Diabetes

**Cooking Well with Diabetes Program Series Begins:  
Monday, November 10, 2025 - All Classes will begin at 9:30 AM  
Cost: \$30**

Come join us on November 10th, November 17th, December 1st, and December 8th for a hands-on cooking series focused on diabetic-friendly recipes and creating balanced, flavorful meals.

Cooking Well With Diabetes takes a closer look at foods and recipes to help us make small changes that better our health. The four lessons give tips on planning, shopping, and prepping meals that add balance to our eating, while allowing flexibility to enjoy our favorites. We lead you to healthy, delicious, and easy to make meals at home....all while helping to manage your health needs.

Classes will be held at the Wise County Extension Office: 206 S. State Street, Decatur, TX 76234.

**Wise County  
Livestock &  
Forage  
Committee**

**Reserve your spot today! Class size limited**

Texas A&M AgriLife Extension Service  
Wise County

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