



# WISDOM, POWER & CONTROL

## MARCH 10 - 31, 2026

5:30 - 7:00 PM

Tuesday Evenings  
4-week Program

**McLennan County AgriLife Extension**  
**4224 Cobbs Drive, Waco 76710**

This is a diabetes self-management course designed to boost confidence and improve daily habits. Participants learn to manage blood sugar, improve A1c levels, and take control of their health through practical tools, education, and support.

**\$15.00**

Register online: **MCC Continuing Education**  
Select: Culinary or call (254) 299-8888

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FOR QUESTIONS CONTACT: RACHEL ESQUIVEL  
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