



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.

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

FOR QUESTIONS CONTACT: RACHEL ESQUIVEL
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\$15.00