Have you been diagnosed with type 2 diabetes?
If so, this may be the program for you!

Take Charge of Your Diabetes is an educational program offered by the University of Florida/IFAS Extension and the Sumter County Extension Service

**Take Charge of Your Diabetes 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!**

**Pre-registration required by Wednesday, March 10, 2010** by calling UF/IFAS, Sumter County Extension Service: 352-793-2728. If you need more information Email: Martha Maddox, FCS Agent at mmaddox@ufl.edu

**TCYD INCLUDES THE FOLLOWING:**
Classes that will be held once a week for nine weeks. Dates and times on listed on attached flyer. There will be a health screening before the first class, after the last class, and three months following the last class. Participants need to attend all classes.

Program cost of $100.00 per participant needs to be paid before health assessment. Make checks payable to: UF/IFAS, Sumter County Extension Service. In memo put TCYD.

“I feel so much better now that my blood glucose is under control!”
*TCYD Participant*