



## 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 sponsored by the University of Florida IFAS Extension and the Marion County Extension Service, in collaboration with local health care providers.

### 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!

For more information and to see if you are eligible to participate, please contact Nancy Gal at the Marion County Extension Service at: 352-671-8400.



Classes will begin soon! They will be held weekly for nine weeks. There will be a health screening before the first class, after the last class, and three months following the last class.

Health screenings will include:  
Height (first screening only)  
Weight  
Blood pressure

**"I feel so much better now that my blood glucose is under control!"**

*TCYD Participant*