



**COASTAL BEND HEALTH
EDUCATION CENTER**
TEXAS A&M UNIVERSITY



LIVE WELL WITH DIABETES

DIABETES SELF-MANAGEMENT EDUCATION*

The Texas A&M Coastal Bend Health Education Center has teamed up with the Catholic Schools in the Diocese of Corpus Christi to bring your family this wellness program. Join us to feel better so you can live more!

ENROLL FOR FREE!

Call 1.866.524.1408

Must be 18 or older to register. Guests welcome!

TOPICS include diabetes, healthy eating, nutrition, physical activity, medications, blood glucose monitoring, foot care, mental health and goal setting.

FREE SCREENINGS of A1C, blood pressure, weight, blood glucose and BMI.

FREE 12-WEEK PHYSICAL ACTIVITY PROGRAM

upon completion of this class.

For more information, visit
cbhec.tamhsc.edu/wellness-program.

WHERE: BISHOP GARRIGA MIDDLE SCHOOL
3114 Saratoga Blvd
Corpus Christi, TX Gym

WHEN: One-day class
Saturday, January 19, 2019

TIME: 8:30 a.m.–4 p.m.



Diocese of Corpus Christi



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

CLASS LOCATIONS & DAYS

INCARNATE WORD ACADEMY

2910 S. Alameda Street, Corpus Christi, TX
Angel Ave. Cafeteria

- ▶ 4-part series
- ▶ Thursdays, September 6–27, 2018
- ▶ 6–8 p.m.

SACRED HEART SCHOOL

213 S. Church Street, Rockport, TX
Activity Center-Cafeteria

- ▶ One-day class
- ▶ Saturday, September 15, 2018
- ▶ 8:30 a.m.–4 p.m.

SS. CYRIL AND METHODIUS SCHOOL

5002 Kostoryz Road, Corpus Christi, TX
Msgr. Kasper Youth Center Hall

- ▶ One-day class
- ▶ Saturday, September 29, 2018
- ▶ 8:30 a.m.–4 p.m.

ST. ELIZABETH SCHOOL

516 N. Almond, Alice, TX
Parish Hall

- ▶ One-day class
- ▶ Saturday, October 13, 2018
- ▶ 8:30 a.m.–4 p.m.

MOST PRECIOUS BLOOD SCHOOL

3502 Saratoga Blvd., Corpus Christi, TX
Cafeteria

- ▶ One-day class
- ▶ Wednesday, October 17, 2018
- ▶ 8:30 a.m.–4 p.m.

OUR LADY OF PERPETUAL HELP ACADEMY

5814 Williams Drive, Corpus Christi, TX
Parish Hall

- ▶ One-day class
- ▶ Wednesday, October 24, 2018
- ▶ 8:30 a.m.–4 p.m.

ST. ANTHONY SCHOOL

203 Dunne Street, Robstown, TX
Mother Julia Hall, Cafeteria

- ▶ One-day class
- ▶ Saturday, November 10, 2018
- ▶ 8:30 a.m.–4 p.m.

BISHOP GARRIGA MIDDLE SCHOOL

3114 Saratoga Blvd, Corpus Christi, TX
Gym

- ▶ One-day class
- ▶ Saturday, January 19, 2019
- ▶ 8:30 a.m.–4 p.m.

ST. PATRICK SCHOOL AND PARISH

3340 S. Alameda Street, Corpus Christi, TX
Lady of Knock Hall

- ▶ One-day class
- ▶ Saturday, March 30, 2019
- ▶ 8:30 a.m.–4 p.m.

ST. PIUS X SCHOOL

737 St. Pius Drive, Corpus Christi, TX
Msgr. Shirley Youth Center

- ▶ One-day class
- ▶ Wednesday, April 3, 2019
- ▶ 8:30 a.m.–4 p.m.

