



COMAL COUNTY

PUBLIC INFORMATION

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Extension Office offers diabetes, cooking, food manager classes

FOR IMMEDIATE RELEASE, FEBRUARY 14, 2018:

NEW BRAUNFELS — The Comal County office of the Texas A&M AgriLife Extension Service this spring is offering classes on healthy cooking, managing Type 2 diabetes and food handling, open to all county residents.

Do Well Be Well with Diabetes

Beginning Wednesday, Feb. 21, Extension Agent Krystal Snider will teach a weekly class on Type 2 diabetes, including sessions on medications, potential complications, nutrition and strategies for controlling blood-sugar levels.

Classes will be 5:30-7:30 p.m. every Wednesday from Feb. 21-March 21 at the Comal County Extension Office, 325 Resource Drive, New Braunfels.

“Being diagnosed with Type 2 diabetes can be frightening and overwhelming,” Snider said, “but it is possible to do well and be well while managing this disease if you know how to take care of yourself and your nutrition habits.”

The class is free and open to the public, although registration is required to establish a minimum class size. The registration deadline is Friday, Feb. 16. Attendees can register by calling 830-620-3440.

Mobile Cooking School: On the Road to Healthy Living

Extension Agent Connie Sheppard will teach a five-part monthly healthy cooking class beginning Friday, Feb. 23 and lasting until June 23.

“Healthy cooking is the first and most important step toward healthy eating and a healthy lifestyle,” Sheppard said. “We want to make sure Comal County residents have the resources they need to make nutritious meals quickly and easily.”

The class will take place from 9:30-11 a.m. the fourth Friday of each month at Partners in Primary

Care Wellness Center, 1860 S. Seguin Ave., Building D. Attendees should register by calling 830-620-5626.

Food manager certification course

The Extension Office will offer a food manager certification refresher course from 8:30 a.m. to 5 p.m. Friday, March 16, at its offices, 325 Resource Drive, New Braunfels.

“This course is for anyone needing food-safety certification, or for those already certified who need to refresh their knowledge of food safety and sanitation,” Sheppard said.

Students will learn about food safety and sanitation, food flow and hazard analysis, and operation management. The cost is \$115. To learn more about registration, contact Sheppard at 830-620-3440.

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