



COMAL COUNTY

PUBLIC INFORMATION

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Weekly classes help residents handle aging, diabetes

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NEW BRAUNFELS — Comal County residents looking for a “new you” in the new year have opportunities to learn how to create healthier lifestyles beginning this month.

The county’s Extension Office has organized a pair of four-week classes on healthy aging at local libraries – Tuesdays in New Braunfels and Wednesdays in Canyon Lake, beginning Jan. 7 – and a separate four-week series on Fridays in Bulverde on managing Type 2 diabetes.

“Healthy living is important at every stage of life, but especially as we get older or deal with chronic diseases,” said Connie Sheppard, agent for family and community health at the Comal County office of the Texas A&M AgriLife Extension Service. “These classes will help residents take control of their habits and their health so they can live happy and productive lives.”

The “Live Well, Be Well” classes on healthy aging teach students how to reduce their risk for disease and engage in a healthy lifestyle, increasing their independence and resilience.

Four one-hour sessions are at 10 a.m. every Tuesday beginning Jan. 7 at the Westside Community Center, 2932 S. IH-35, New Braunfels, and at noon every Wednesday beginning Jan. 8 at Tye Preston Memorial Library, 16311 S. Access Road, Canyon Lake.

To register for the Tuesday classes in New Braunfels, visit nbtexas.libcal.com/event/5565836; to register for the Wednesday classes in Canyon Lake, call 830-964-3744. All classes are free of charge.

The “Wisdom, Power, Control” diabetes management class teaches residents how to develop diabetes self-care skills, improve eating habits and maintain good nutrition, increase physical activity, prevent complications and improve their quality of life.

Four two-hour sessions are at 1 p.m. each Friday beginning Jan. 10 at Mammen Family Public Library, 131 Bulverde Crossing. To register, visit mfpplibrary.libcal.com/event/6032074.

For more information about any of the classes, residents can call the Extension Office at 830-620-3440.

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