



COMAL COUNTY

PUBLIC INFORMATION

Paul A. Anthony · 830-221-1110 · anthop@co.comal.tx.us

Contact:

Jymann Davis, Extension Agent, family and community health
830.620.3440
jymand@co.comal.tx.us

Extension offers Coping 2 Control diabetes classes

FOR IMMEDIATE RELEASE, FEBRUARY 25, 2020:

NEW BRAUNFELS — The Comal County Extension Office and Methodist Healthcare Ministries of South Texas are partnering on a free three-session class on managing Type 2 diabetes.

Coping 2 Control will be taught 9-11 a.m. on March 5, 12 and 19, and is designed to empower people to manage the stress and negative emotions that can come with receiving a diabetes diagnosis, said Jymann Davis, agent for family and community health with the Comal County office of the Texas A&M AgriLife Extension Service.

“A lot of classes focus on the physical aspects of diabetes management, such as dietary changes and exercise, but mental health is just as important,” Davis said. “This class will help prepare people with diabetes mentally so they can continue to live a happy, fulfilling life while managing their condition.”

Students will learn how to deal with the emotional side effects of diabetes, develop positive coping and problem-solving skills, and build healthy, supportive relationships, she said.

The three classes will be at First United Methodist Church, 572 W. San Antonio St., New Braunfels. To register, call the Extension Office at 830-620-3440 by 5 p.m. Monday, March 2.

###

Comal County Public Information Office

830.221.1110

anthop@co.comal.tx.us

www.comalcountytexas.com