

# What is Wisdom, Power, Control?

- ◆ A 7-week diabetes self-management education program targeting the African American community.
- ◆ Classes are taught by trained health professionals.
- ◆ Each class is approximately 1½ to 2 hours long.
- ◆ Participants learn about practical lifestyle skills to better control their diabetes.
- ◆ Family members are encouraged to attend.
- ◆ Educational materials are provided to participants.



## Find out about Wisdom ♦ Power ♦ Control

Call your county office of the  
Texas A&M AgriLife Extension  
Service

Contact:

Phone:

Email:

Or contact:  
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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

**WISDOM,  
POWER,  
CONTROL**



***Lifelong Diabetes  
Management***

*Do you have Type 2 diabetes?  
Do you want to be healthier?*

*If so, **Wisdom, Power,  
Control** is a program for  
you.*

## TOPICS

Week 1: Orientation

Week 2: What is diabetes?

Week 3: Checking your blood  
glucose levels

Week 4: Eat healthy with  
diabetes

Week 5: Be active with diabetes

Week 6: Medicines and diabetes

Week 7: Preventing diabetes  
problems

## IN THE CLASSES YOU WILL LEARN...

- ◆ To develop diabetes self-care skills,
- ◆ To improve eating habits and maintain good nutrition,
- ◆ To increase physical activity,
- ◆ To prevent diabetes complications, and
- ◆ To improve your quality of life living with type 2 diabetes.



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**You've got  
the power  
to manage  
your  
diabetes!**



**Wisdom, Power, Control  
educates and empowers  
African Americans to  
better control their  
diabetes.**

