



The Lamb County Diabetes Support

Group will meet,

**Tuesday, July 12, 2016**

at 6:00 p.m.

in the Fellowship Hall

of the First Presbyterian Church,

Highway 385, Littlefield, TX

**Presenter: Mrs. Mandi Seaton-**

**Lamb County Extension Agent - FCS**

**Program: “Are you eating the Right Number of Carbohydrates?**

Mrs. Seaton will be providing very valuable info regarding the Carb counts we should be having each day for good health!

*We love to have new visitors to our group! (We meet in the back of the Church.)*

**Come Visit a Meeting with a friend!!**

For more information contact: Mandi Seaton CEA-FCS

 Texas A& M AgriLife Extension Service

 Lamb County

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 an accommodation should contact Mandi Seaton at least five days in advance.