[](http://agrilifecdn.tamu.edu/communications/files/2012/08/TAMAgEXT.png)



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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*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.* Individuals with a disability needing

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