

College of Agricultural, Consumer and Environmental Sciences

Department of Extension Family & Consumer Sciences • efcs.nmsu.edu



Know **Diabetes** by **Heart**™

A free 30-45 minute health lesson for adults with type 2 diabetes. Let us help you lower your risk of heart attack, heart failure, and stroke.

Available in 2021 only!

Two ways to participate in the Know Diabetes by Heart health lesson:

1. Ask the leader of these classes for more information:
 - Chronic Disease Self-Management Program
 - Diabetes Self-Management Program
 - National Diabetes Prevention Program
 - Kitchen Creations
 - On the Road to Living Well with Diabetes
2. Register for one of these live online lessons at diabetes.nmsu.edu on the Know Diabetes by Heart page:
 - Wednesday, April 7 @ 9:30 AM
 - Monday, May 10 @ 5:30 PM
 - Thursday, June 10 @ 12:30 PM
 - Friday, July 30 @ 4:00 PM
 - Tuesday, September 7 @ 2:00 PM
 - Monday, October 18 @ 6:00 PM

“This is a good time to protect yourself from diabetes-related heart disease and COVID . . .”

Other options may be available soon. Check the website.

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Cassandra in advance at (575) 202-5065 or cvpool@nmsu.edu.



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