

# Diabetes Prevention Programs

## YMCA Diabetes Prevention Program

**Organization:** YMCA

**Contact:** Mashariki Cannon

**Phone:** (512) 542-9622

**Email:** [mcannon@austinyymca.org](mailto:mcannon@austinyymca.org)

**Website:** <http://www.austinyymca.org/programs/ymca-diabetes-prevention-program>

**Language:** English and Spanish

**Additional Information:** 12-month program consisting of 16 core sessions; must be pre-diabetic to participate

## MEND- Mind, Exercise, Nutrition, Do It (for kids 7-13)

**Organization:** YMCA

**Contact:** Missy Quintela-Garcia

**Phone:** (512) 236-9622

**Email:** [missy.garcia@austinyymca.org](mailto:missy.garcia@austinyymca.org)

**Website:** <http://www.austinyymca.org/programs/mend-mind-exercise-nutrition-do-it>

**Language:** English and Spanish

**Additional Information:** 10 week program, kids ages 7-13

## Healthy Living, Happy Living Program/Vida Sana Vida Feliz

**Organization:** Dell's Children Medical Center of Central Texas

**Contact:** Stephanie Saucedo

**Phone:** (512) 324-9999 ext.86437

**Website:** [http://www.dellchildrens.net/services\\_and\\_programs/texas\\_center\\_for\\_the\\_prevention\\_and\\_treatment\\_of\\_childhood\\_obesity/healthy\\_livinghappy\\_living\\_program/](http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/)

**Language:** English and Spanish