

Free Diabetes Education Classes

Community Diabetes Initiative

Diabetes Empowerment Education Program (DEEP) Classes

Organization: Austin/Travis County Health and Human Services Department

Contact: Stephanie Helfman or Sabrina McCarty

Phone: (512)-972-6764 or (512) 972-5463

Email: stephanie.helfman@austintexas.gov or Sabrina.mccarty@austintexas.gov

Website: <http://austintexas.gov/department/diabetes-education>

Language: English and Spanish

Additional Information: 6 free classes open to people living with Type 2 diabetes; Offered 15-20 times per year in various locations such as schools, faith based organizations and community centers.

Classes are taught by ATC/HHSD staff and the following contractors (call for current class offerings).

Promotoras/Community Health Workers of Travis County

Crescencia Alvarado

pchw.traviscounty.org@gmail.com

(512) 496-3860

El Buen

Samaritano

Juan Rosa

jrosa@elbuen.org

(512) 439-0728

Abundant Rain Christian Fellowship

Carol Buchanan

abundanrainfellowship@yahoo.com

(512) 285-6238

Do Well, Be Well

Organization: Texas AgriLIFE Extension

Contact: Sonia Coyle

Phone: (512) 854-9600

Email: sonia.coyle@ag.tamucc.edu

Language: English

Additional Information: To register or to find out about the next class series, contact Sonia Coyle

Williamson County & Cities Health District Community Health Education

Organization: Williamson County & Cities Health District

Email: healthed@wcchd.org

Phone: (512) 248-3252

Website: http://www.wcchd.org/services/health_education/diabetes/self-management.php

Language: English and Spanish

Additional Information: Call for dates of next nutrition classes, weight management, Do Well Be Well, & DEEP

Caldwell County Diabetes and Nutrition Education Program

Organization: Community Health Coalition of Caldwell County

Phone: (512) 668-4681

Website: www.communityhealthcoalition.org

Language: English and Spanish

Additional Information: Office and home visits are available. Physician referral is preferred but not required. Appointments are available Monday thru Thursday 8:30am-4:00pm

Diabetes Self Management Education

Organization: TMF Health Quality Institute

Contact: Ardis Reed

Phone: (512) 334-1624

Email: ardis.reed@tmf.org

Website: <http://www.diabeteshealthforlife.org>

Additional Information: Free self-management classes for Medicare and non-Medicare adult beneficiaries

Ask the Expert Info Sessions

Organization: Seton Diabetes and Nutrition Education Services

Phone: (512) 324-1891

Website: www.goodhealth.com/diabetes

Language: English

Additional Information: Topics and dates can vary, advance registration is requested online or by phone, locations can vary but generally meets at 5555 North Lamar