



Diabetes Education Classes- Free of Charge

**Austin/Travis County Health and
Human Services Department
Chronic Disease Prevention and Control Program
Diabetes, Empowerment Education Program (DEEP)**

Register today if you are newly diagnosed with type 2 diabetes or just want to learn more about diabetes control and prevention. These four free classes use the Diabetes Empowerment Education Program (DEEP) curriculum and are open to people with diabetes, family and friends.

Language: Spanish

Location/Schedule: Classes held at Burnet Middle School Family Resource Center at 8401 Hathaway Dr. Portable #507, Austin, TX 78757. Classes held on Wednesdays from 8:30-10:00am on 1/30/13, 2/6/13, 2/13/13 and 2/20/13.
Contact: To register, call the Burnet Middle School Family Resource Center at (512) 841-8288.

Language: English

Location/Schedule: Classes held at Ebenezer Baptist Church at 1010 East 10th Street, Austin, TX. Classes are on the third Saturday of the month, from January through April, 2013, (1/19, 2/16, 3/16 and 4/20) from 10-11:00am.
Contact: To register, contact Sabrina McCarty at (512) 972-5463 or Sabrina.mccarty@austintexas.gov .

Language: English

Location/Schedule: Classes held at Mendez Middle School, Austin, TX. Classes are Saturdays in March (3/2, 3/9, 3/23, 3/30) from 10am-12pm.
Contact: To register, call the Mendez Family Resource Center at (512) 841-1016.

**Seton Family of Hospitals
Diabetes- "Ask the Expert" Series**

Format is an informational "Ask the Expert" format. Topics vary, but always address a diabetes-related topic.

Language: English or Spanish (depending on the class)

Schedule: Classes are from 6:30 to 8:30 PM.

Contact: Call 324-1891 to register

Comments: Classes take place in different Seton locations.

Jan. 30th, 2013 from 6:30-8pm - Ask the Optometrist

March 6th, 2013 from 6:30-8pm- Ask the Neurologist

Pre-registration is required. For updated class listing and registration, visit

http://www.goodhealth.com/classes_and_events/category/diabetes

**Community Health Coalition of Caldwell County
Diabetes and Nutrition Education Program**

313 S Commerce St. Lockhart, TX 78644

The Community Health Coalition offers free diabetes self-management classes. Our registered dietitians follow the best practice standards for diabetes care to provide one-on-one teaching on how to manage diabetes. We can also connect patients to our Patient Prescription Assistance Program for help with medication.

Language: English/Spanish

Schedule: Appointments are available Monday thru Thursday 8:30am-4:00pm

Contact: (512) 668-4681

Comments: Office and home visits are available. Physician referral is preferred but not required

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*This list is not exhaustive and inclusion does not mean endorsement by the City of Austin.
Due to schedule changes, always call to confirm dates and times of classes.

Visit our website <http://austintexas.gov/departament/central-texas-diabetes-coalition> for the most updated list of resources. Last updated 1/2013.



**University of Texas at Austin
Type 2 Diabetes Classes**

**CENTRAL TEXAS
DIABETES COALITION**

**Williamson County & Cities Health District
Community Health Education**

These free classes are for African-Americans with type 2 diabetes, especially hbA1c > 8, for a program that will begin in January. It is designed to help self-care and uses mentors in the community who also have diabetes.

Language: English

Locations/Schedule:

Olivet Baptist Church, at 1179 San Bernard Street. Classes are on Saturdays from 9-11am, from 1/19/13 thru 4/6/13.

New Lincoln Missionary Baptist Church, at 2215 E. 8th Street. Classes are on Tuesdays from 6-8pm, from 1/15/13 thru 4/2/13.

Blackland Neighborhood Center, at 2005 Salina Street. Classes are on Tuesdays from 12pm-2pm, from 1/15/13 thru 4/2/13.

Contact: Mary Steinhhardt at (512) 567-1204 or email: msteinhardt@austin.utexas.edu OR Dina Carter at (512) 972-4117 or email dina.carter@austintexas.gov

Diabetes self management classes utilizing the Do Well, Be Well or Diabetes Empowerment Education Program (DEEP) Curriculum. Classes meet once a week for six weeks and each class is approximately an hour and a half. Classes take place in various locations throughout Williamson County.

Language: English/Spanish

Schedule: Offered four times per year

Contact: Billye Navarro, LMSW, 248-3252

Comments: Call for dates of next series

Website: www.wcchd.org/Services/HealthEd/Diabetes.htm

**Wesley Nurses and Texas AgriLIFE Extension
Type 2 Diabetes Classes**

Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&M AgriLIFE Extension and Wesley Nurses. Classes cover a variety of topics.

Language: English

Schedule: Offered several times per year in community locations

Contact: To register or to find out about the next class series, contact Mary Jones at mary.jones@mhm.org or 442-3054

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