HEALTHY LIVING

HEALTHY NUTRITION • EXERCISE • STRESS MANAGEMENT

Come learn how to **manage type 2 diabetes** by making small changes, step by step.

Classes are fun, interactive, and FREE. Get a Free 2 month YMCA membership & HEB gift card by coming to classes!

	Class 1: Introduction and Overview of Diabetes		**Class 2:** Diabetes Management, Monitoring, and Medications
	Class 3: Diabetes Control and Exercise		**Class 4:** Diabetes Control and Nutrition
	Class 5: Preventing Complications		**Class 6:** Communication, Managing Stress and Depression, Your Rights

CLASSES IN ENGLISH

The Allan Center

Address: 4900 Gonzales St. Austin, TX 78702

Dates: Tuesdays, January 5th—February 9th, 2016

Time: 1:00 pm—2:30 pm

Language: English

Taught by: HHSD

South Austin Neighborhood Center

Address: 2508 Durwood St. Austin, TX 78704

Dates: Tuesdays, February 16—March 22, 2016

Time: 5:00 pm —6:30 pm

Language: English

Taught by: HHSD

Gus Garcia Recreation Center

Address: 1201 Rundberg Austin, TX 78753

Dates: Mondays, March 7—April 11, 2016

Time: 5:30 pm —7:00 pm

Language: English

Taught by: HHSD

Virginia L. Brown Recreation Center

Address: 7500 Blessing Ave. Austin, TX 78752

Dates: Wednesdays, January 27—March 2, 2016

Time: 6:30 pm—7:45 pm

Language: English

Taught by: ARCF Community Service

Registration/Registración: Estephanie Olivares (512) 972-6769

Community DIABETES INITIATIVE

AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM

VIVIENDO SALUDABLE

NUTRICIÓN SALUDABLE • EJERCICIO • MANEJO DE ESTRÉSS

Venga a aprender a **controlar la diabetes tipo 2** realizando pequeños cambios, paso a paso. ¡Gane algún premio! Las clases son divertidas, interactivas y **gratis**.

Classes en Español

	Clase N.° 1: Introducción y perspectiva general de la diabetes		**Clase N.° 2:** Manejo, monitoreo y medicamentos para la diabetes
	Clase N.° 3: Control de la diabetes y ejercicio		**Clase N.° 4:** Control de la diabetes y nutrición
	Clase N.° 5: Prevención de complicaciones		**Clase N.° 6:** Comunicación, manejo del estrés y depresión, sus derechos

Houston Elementary

Address: 5409 Ponciana Dr. Austin, TX 78744

Dates: Martes, Enero 12—Feb. 16, 2016

Time: 8:30 am—10:00 am

Language: Español

Taught by: ATC HHSD

Dawson Elementary School

Address: 3001 S. First St. Austin, TX 78704

Dates: Miercoles, Enero 13— Feb. 17

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Daffodil, Foundation Communities

Address: 6009 Daffodil Dr, Austin, TX 78744

Dates: Miercoles, Enero 20—Feb. 24

Time: 6:30 pm—8:00 pm

Language: Español

Taught by: ATC HHSD

Andrews Elementary

Address: 6801 Northeast Dr. Austin, TX 78723

Dates: Miercoles, Enero 20— Feb. 24, 2016

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Registration/Registración: Estephanie Olivares (512) 972-6769

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V. 52 Rev. 12/2015

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Classes en Español

Oak Spring Elementary

Address: 3601 Webberville Rd.

Dates: Jueves, Enero 14—Feb. 18

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Palm Elementary

Address: 7601 Dixie Dr. Austin TX, 78744

Dates: Jueves, Enero 21— Feb. 25, 2016

Time: 8:00 am—9:30 am

Language: Español

St. Elmo Elementary

Address: 600 W. St. Elmo Rd, Austin, TX, 78745

Dates: Viernes, Enero 29—March 4, 2016

Time: 8:00 am—9:30 am

Language: Español

Ruiz Library

Address: 1500 Grove Blvd. Austin, TX 78741

Dates: Lunes, Marzo 7—Abril 18, 2016

Time: 6:00 pm —7:30 pm

Language: Español

Taught by: ATC HHSD

Barrington Elementary

Address: 400 Cooper Dr. Austin, TX 78752

Dates: Jueves, Enero 21— Feb. 25, 2016

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Barbara Jordan Elementary

Address: 6711 Johnny Morris Rd.

Dates: Viernes, Enero 22— Feb. 26, 2016

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Blanton Elementary

Address: 5408 Westminster Dr. Austin, TX 78723

Dates: Lunes, Feb. 1 — March 21, 2016

Time: 8:00 am—9:30 am

Language: Español

Taught by: ATC HHSD

Registration/Registración: Estephanie Olivares (512) 972-6769

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