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

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

Little Walnut Creek Branch Library

Address: 835 Rundberg Lane Austin, TX 78758

Dates: Thursdays, March 17– April 21, 2016

Time: 6:30 pm to 7:45 pm

Language: English

Taught by: ARCF Community Service

Chestnut Community Center

Address: 1183 Chestnust Ave. Austin, TX 78702

Dates: Thursdays, April 7th—May 12, 2016

Time: 6:00 pm to 7:30 pm

Language: English

Taught by: HHSD

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

Community DIABETES INITIATIVE

AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM

V. 60 Rev. 2/2016

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CLASSES IN ENGLISH

Corinth Missionary Baptist Church

Address: 1700 E 16th St. Austin, TX 78702

Dates: Saturdays, March 5, 2016

Time: 10:00—11:30 am

Language: English

Taught by: ARCF Community Services

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

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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

Rodriguez Elementary

Address: 4400 Franklin Park Dr. Austin, TX 78744

Dates: Miercoles, Febrero 24—Abril 6, 2016

Time: 8:00—9:30 am

Language: Español

Taught by: ATC HHSD

Sanchez Elementary

Address: 73 San Marcos St. Austin, TX 78702

Dates: Jueves, Marzo 3—Abril 7, 2016

Time: 1:00—2:30 pm

Language: Español

Taught by: ATC HHSD

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

Linder Elementary

Address: 2800 Metcalfe Road Austin, TX 78741

Dates: Miercoles, Marzo 30—Mayo 4, 2016

Time: 10:00—11:30 am

Language: Español

Taught by: ATC HHSD

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

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CLASSES EN ESPAÑOL

Odom Elementary

Address: 1010 Turtle Creek Blvd. Austin, TX 78745

Dates: Jueves, Marzo 31—Mayo 5, 2016

Time: 9:00—10:30 am

Language: Español

Taught by: ATC HHSD

Blazier Elementary

Address: 8601 Vertex Blvd. Austin, TX 78744

Dates: Viernes, Abril1—Mayo 6, 2016

Time: 8:30– 10:00 am

Language: Español

Taught by: ATC HHSD

El Buen Samaritano

Address: 7000 Woodhue Dr. Austin, TX 78745

Dates: Viernes, Abril 1—Mayo 6, 2016

Time: 9:00—10:30 am

Language: Español

Taught by: El Buen Samaritano

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

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