



# Community

DIABETES INITIATIVE

## TAKE CONTROL OF YOUR HEALTH!

**FREE** diabetes education classes! The Diabetes Empowerment Education Program (DEEP) is a series of 6 interactive classes for people living with diabetes. Get support from others who know what it is like to live well with diabetes.

**Learn the skills to manage diabetes. Don't let diabetes manage you!**  
Receive free tools to help live a healthy life and maybe even a raffle prize!

**Refreshments provided!**

### CLASS TOPICS INCLUDE:

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

*\* Blood Pressure, BMI, and Waist Measurements done at the first and last class*

### Register now- Space is limited!

Call Sabrina McCarty at 512-972-5463 or Rebecca Canby at 512-804-3232.

**Dates:** Tuesdays, September 9, 16, 23, 30, 7, and 14

**Time:** 1:00 pm to 2:30 pm

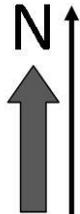
**Place:** Dove Springs Clinic at 5015 IH-35 South, Rudy Room B





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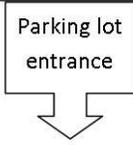
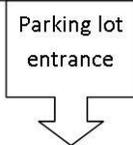
Ben White / 71 / 290

**DIRECTIONS:**

**FROM SOUTH AUSTIN:** Take IH-35 going North; take exit for Stassney Lane; go straight after light, and stay on feeder road; turn right on Teri Road; take second parking lot entrance on the right. As you enter the parking lot you will see the ATCIC building on your left. Classes will be held in the Rudy Room, with entrance door located under “200.”

**FROM NORTH AUSTIN:** Take IH-35 going South; pass the Ben White exit; take next exit for Stassney Lane. Turn left at light for Stassney Lane. Turn left onto feeder road, heading north-bound.;turn right on Teri Road; take second parking lot entrance on the right. As you enter the parking lot you will see the ATCIC building on your left. Class entrance door located under the sign, “200.”

Teri Road



5015 South IH-35

