



Diabetes Prevention Programs - Free of Charge

<p style="text-align: center;">Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program "Road to Health" Classes</p> <p>3-class program for adults on preventing or delaying type 2 diabetes through nutrition and physical activity. Classes take place in a variety of community locations throughout Travis County.</p> <p>Language: English or Spanish Location/Schedule: Classes held at Martin Middle School at 1601 Haskell Street, Portable A2, Austin, TX 78702.</p> <ul style="list-style-type: none"> • English classes will be from 10:30am-12:00pm on Thursdays: 1/31/13, 2/7/13 and 2/14/13. • Spanish classes will be from 10:30am-12:00pm on Thursdays: 2/21/13, 2/28/13 and 3/7/13. <p>Contact: To register, call Martin Middle School at (512) 841-2802.</p> <p>Language: Spanish only Location/Schedule: Classes held at Dobie Middle School Family Resource Center at 1200 E. Rundberg Ln. Portable 3, Austin, TX 78753.</p> <ul style="list-style-type: none"> • Spanish classes will be from 8:30am-10:00am on Thursdays: 1/31/13, 2/7/13 and 2/14/13. <p>Contact: To register, call Dobie Middle School at (512) 841-2921.</p> <p>Language: English Location/Schedule: Classes held at Mendez Middle School from 10-12pm on 4/6, 4/13 and 4/27 in Austin, TX. For families living in the 78744 zip code only. Contact: To register, call Mendez Middle School at (512) 841-1016</p>	<p style="text-align: center;">MEND (Mind, Exercise, Nutrition, Do It)</p> <p>10 week after school program for 7-13 year olds who are above their ideal weight and their families to learn how to get in shape, reach and maintain a healthy weight, and cook tasty, healthy meals.</p> <p>Language: English/Spanish Schedule: Call to enroll in the next class series Contact: Missy Quintella (512) 236-9622 x 57 or email: missy.quintella@austinyymca.org Comments: This program is taking place at YMCA facilities and other community sites. Website: http://www.mendpoverty.org</p> <hr/> <p style="text-align: center;">Seton Community Health Centers Healthy Kids Program/ Programa de Niños Sanos Kozmetzky Community Health Center 3706 S. First Street, Austin, TX 78704 Topfer Community Health Center 8913 Collinfield Drive, Austin, TX 78758 McCarthy Community Health Center 2811 East Second St. Austin, TX 78702</p> <p>1 class program for children ages 5-18 years old who are at risk for diabetes and their families. Learn about healthy food choices and portion distortion, the importance of choosing a healthy lifestyle to prevent diabetes, and the benefits of exercise.</p> <p>Language: English/Spanish Schedule: Call for schedule and to register Contact: Call (512) 324-4911 to register (leave message) Comments: Free, but you must register in advance Website: http://www.seton.net/locations/clinics</p>
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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/department/central-texas-diabetes-coalition> for the most updated list of resources.

Last updated 1/2013.

**Dell Children's Medical Center of Central Texas
Texas Center for the Prevention and Treatment of
Childhood Obesity
Healthy Living, Happy Living Program/
Vida Sana Vida Feliz**

10 week program for overweight and obese children ages 6 to 11 years old and their parents/guardians, and focuses on providing tools for families to empower them to make healthy changes

Language: English/Spanish

Schedule: Ongoing, call for next series

Contact: Stephanie Saucedo (512) 324-9999 x86433

Comments: Focus is on physical activity, nutrition, mental health/behavior change, and family involvement

Website:

http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/

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