



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!

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|  | 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

East Communities YMCA

Address: 5315 Ed Bluestein Blvd, Austin, TX 78723
Dates: November 18—December 16, 2015
Time: 1:00 pm—2:30 pm
Language: English
Taught by: ARCF Community Services



Community
DIABETES INITIATIVE

Friendship Bible Baptist Church

Address: 1903 Pecan Street, Bastrop, TX, 78602
Dates: December 1—17th, on Tuesdays and Thurs days each week
Time: 10:00 am—11:30 am
Language: English
Taught by: ARCF Community Services

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

