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

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

Sandra Joy Anderson Community Health and Wellness Center

Address: 1705 East 11th St. Austin, TX 78702

Dates: Thursdays, April 14th—May 19th

Time: 5:30—7:00 pm

Language: English

Taught by: ARCF Community Services

The Palms

Address: 8600 N. Lamar Blvd. Austin, TX 78758

Dates: Wednesday, April 13th—May 25th, 2016

Time: 10:00 am—11:30 am

Language: English

Taught by: HHSD

Skyline Terrace

Address: 1212 W. Ben White Blvd. Austin, TX 78704

Dates: Mondays, May 2nd—June 13th, 2016

Time: 10:30 am—12:00 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. 64 Rev. 4/2016

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

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

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

Linder Elementary

Address: 2800 Metcalfe Road Austin, TX 78741

Dates: Miercoles, Abril 13 —Mayo 25, 2016

Time: 9:00—10:30 am

Language: Español

Taught by: ATC HHSD

Blazier Elementary

Address: 8601 Vertex Blvd. Austin, TX 78744

Dates: Viernes, Abril 8—Mayo 13, 2016

Time: 8:30– 10:00 am

Language: Español

Taught by: ATC HHSD

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

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