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

Currently, there are no classes in English. If you know of a location or organization that could benefit from hosting a class series for free, please contact Estephanie Olivares at 512-972-6769 or at estephanie.olivares@austintexas.gov

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. 68 Rev. 5/2016

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

El Buen Samaritano

Address: 7000 Woodhue Dr. Austin, TX 78745

Dates: Martes, Mayo 24—Junio 28, 2016

Time: 4:00 pm—5:30 pm

Language: Español

Taught by: El Buen Samaritano

Volunteer Health Clinic

Address: 4215 Medical Parkway Austin, TX 78756

Dates: Jueves, Mayo 26—Junio 30, 2016

Time: 9:30 am—11:00 am

Language: Español

Taught by: El Buen Samaritano

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

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