



DO YOU HAVE DIABETES? ARE YOU FEELING ALONE OR OVERWHELMED?

Come learn how to manage diabetes by making small changes, step by step. The Community Diabetes Initiative is offering a series of 6 FREE diabetes education classes for people with type 2 diabetes and their caregivers. Get free items to help you to take control of your diabetes. Win door prizes!



Class 1: Overview of Diabetes



Class 2: Monitoring and Medications



Class 3: Diabetes Control and Exercise



Class 4: Diabetes Control and Nutrition



Class 5: Preventing Complications



Class 6: Communication, Managing Stress

UPCOMING CLASS SERIES IN ENGLISH

St. Peter's United Methodist Church

Address: 4509 Springdale Rd., Austin 78723
Dates: Every Wednesday, Jan. 7th- Feb. 11th 2015
Time: 1:15 pm to 2:45 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Freedom Home Baptist Church

Address: 3405 Oak Springs Austin TX 78721
Dates: Every Wednesday, Jan. 7th- Feb. 11th 2015
Time: 6 pm to 7:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Grace Covenant

Christian Center of Austin

Address: 6012 Manor Road, Austin 78753
Dates: Every Tuesday, Feb 24th- March 31st 2015
Time: 7 pm to 8:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Haynie Chapel United Methodist Church

Address: 16309 Greenwood Dr., Nursery Bldg. Garfield, 78617
Dates: Every Tuesday, Jan. 27th- March 3rd 2015
Time: 10 am to 11:30 am
Language: English
Taught by: Austin/Travis County HHSD
Contact: Sabrina McCarty (512) 972-5463

South Austin Community Church

Address: 4930 South Congress, Bldg A, Austin, 78745
Dates: Every Saturday, Feb. 21st - March 28th 2015
Time: 9 am to 10:30 am
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

**There is a minimum class size in order for classes to start.
Please call to reserve your spot today!**

See back of page for classes in Spanish -->





UPCOMING CLASS SERIES IN SPANISH

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, Jan. 23rd-Feb 27th 2015
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

Dobie Pre-K

Address: 1200 E. Rundberg Lane
Dates: Every Monday, Jan. 12th- Feb. 16th 2015
Time: 8:30 am to 10 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

Hart Elementary

Address: 8301 Furness Dr., Austin, 78753
Dates: Every Wednesday, Feb. 4th- March 11th 2015
Time: 8 am to 9:30 am
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

Pecan Springs Early College Prep.

Address: 3100 Rogge Ln, Austin 78723
Dates: Every Friday, Jan. 16th- Feb. 20th 2015
Time: 8:00 am to 9:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

Sanchez Elementary

Address: 73 San Marcos St, Austin, 78702
Dates: Every Friday, Jan. 16th- Feb. 27th 2015
Time: 8 am to 9:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

