



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: 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

CLASSES IN ENGLISH

David Chapel Baptist Church

Address: 2211 E. Martin Luther King, Jr. Blvd, Austin 78702
Dates: Every Saturday, June 13th- July 25th 2015
Time: 10 am to 11:30 am
Language: English
Taught by: ARCF Community Services

Abundant Rain Christian Fellowship (East Rural Travis County)

Address: 13704 County Line Rd, Elgin, TX 78621
Dates: Every Monday, June 8th- July 13th 2015
Time: 6:30 pm to 8 pm
Language: English
Taught by: ARCF Community Services

Wesley United Methodist Church

Address: 1164 San Bernard St, Austin, TX 78702
Dates: Every Wednesday, Sept. 2- Oct. 7 2015
Time: 7pm to 8:30 pm
Language: English
Taught by: ARCF Community Services

Agape Christian Ministries South Austin

Address: 11530 Manchaca Road, Austin, TX 78748
Dates: Every Saturday, June 6th- July 11th 2015
Time: 12:00 – 1:00 PM
Language: English
Taught by: ARCF Community Service

CLASES EN ESPAÑOL

Stone Gate Mobile Home

Address: 1401 E. Runderberg Ln., Austin, TX 78753
Dates: Every Tuesday, June 2 – July 9, 2015
Time: 6:00 pm – 7:30 pm
Language: Spanish
Taught by: Community Health Workers of Travis Co.

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, May 8th to June 12th 2015
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano

Parker Lane Church

Address: 2105 Parker Lane, Austin, 78741
Dates: Every Saturday, May 23rd- June 27th, 2015
Time: 10:00 am to 11:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.

St. John's Recreation Center

Address: 7500 Blessing Ave Austin, TX 78752
Dates: Every Friday, June 5th – July 10th, 2015
Time: 9:00 am - 10:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.

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



AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT
CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM

