



# 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 8<sup>th</sup>- July 13<sup>th</sup> 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 27th- August 1st 2015  
**Time:** 12 pm to 1pm  
**Language:** English  
**Taught by:** ARCF Community Service

#### Solid Rock Baptist Church

**Address:** 1014 Gardner Road Austin, TX 78721  
**Dates:** Every Saturday, August 15 – Sept. 19, 2015  
**Time:** 10:00 am – 11:30 am  
**Language:** English  
**Taught by:** ARCF Community Services

#### The Palms on N. Lamar

**Address:** 8600 N. Lamar Blvd. Austin, TX 78758  
**Dates:** Wednesdays, July 8 – August 12th  
**Time:** 1:00 pm – 2:30pm  
**Language:** English  
**Taught by:** ATC HHSD

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



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

## 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.

### 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.

### El Buen Samaritano

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

### 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**

