



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

ATCIC Dove Springs

Address: 5015 South IH-35; Austin, 78744
Dates: Every Tuesday, Sept. 9 – Oct. 14th
Time: 1 pm to 2:30 pm
Language: English
Taught by: Austin/Travis County HHSD
Contact: Sabrina McCarty (512) 972-5463

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, September 12– October 17th
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

Treaty Oaks

Address: 3700 Manchaca Rd, Austin, 78704
Dates: Every Monday, Sept. 8- Oct. 13th
Time: 4:30 pm to 6pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Parker Lane Methodist Church

Address: 2105 Parker Lane Austin, 78741
Dates: Every Tuesday, Sept. 9th- October 14th
Time: 7pm to 8:30 pm
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

Odom Elementary School

Address: 1010 Turtle Creek; Austin 78745
Dates: Every Tuesday, September 16– October 21
Time: 10 am to 11:30 am
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

St. Johns Neighborhood Center

Address: 7500 Blessing Ave. Austin, 78752
Dates: Every Wednesday, Sept. 10th- October 15th
Time: 7pm to 8:30 pm
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

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



AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM