



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

Booker T Washington Apartments

Address: 905 Bedford St, Austin, TX 78702
Dates: Every Thursday, August 14– September 18
Time: 10 am to 11:30 am
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Thursday, August 14– September 18
Time: 5pm to 6:30pm
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

Pecan Springs Commons

Address: 5800 Sweeney Circle; Austin 78723
Dates: Every Thursday, August 14– September 25
Time: 6 pm to 7:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

North Austin YMCA

Address: 1000 W Rundberg Ln, Austin 78758
Dates: Every Saturday, August 9– Sept. 13
Time: 12 pm to 1:30 pm
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

Greater Love Baptist Church

Address: 6601 Manor Road; Austin 78723
Dates: Every Thursday, August 14– September 25
Time: 6 pm to 7:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Parker Lane Methodist Church

Address: 2105 Parker Lane Austin, 78741
Dates: TBD- Starting 2nd week in September
Time: TBD
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado (512) 496-3860

ATCIC Dove Springs

Address: 5015 South IH-35; Austin, 78744
Dates: Every Wednesday, 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

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

