



Diabetes Education Classes- Free of Charge

**Austin/Travis County Health and
Human Services Department
Chronic Disease Prevention and Control Program
Diabetes Empowerment Education Program (DEEP)**

These six free classes use the Diabetes Empowerment Education Program (DEEP) curriculum and are open to people living with type 2 diabetes. Classes cover nutrition, physical activity, diabetes complications, learning about medications, monitoring your body, and mobilizing your family and friends.

Classes take place 4-6 times a year in community locations
Contact: Sabrina McCarthy (512) 972-5463 or
Sabrina.mccarty@austintexas.gov for upcoming classes or to register for a class.

**Community Health Workers Association of Travis County
Diabetes Empowerment Education Program in Spanish***

Location/Schedule: El Shaddai Church
7650 Ed Bluestein Blvd, Austin 78723
Wednesdays November 6th, 13th, 20th, 27th, Dec 4th, and 11th
7pm to 8:30 pm
Contact: Crescencia Alvarado (512) 496-3860

*Classes sponsored through a grant from Austin/Travis County Health and Human Services Dept. Chronic Disease Prevention and Control Program

**Primero Health
Diabetes Prevention and Self-Management Workshops**

Primero Health offers free Community Diabetes Education Workshops to reduce health complications caused by diabetes in our community through education efforts to increase awareness of the seriousness of the disease and the benefits of its management and prevention. The Workshops include information on nutrition and fitness, which are key elements to Diabetes Prevention and Self-Management. Classes are open to adults with diabetes, their family and friends; caregivers; adults who want to help people and families with diabetes in their community, and adults interested in learning how to **prevent** Diabetes and Chronic Disease; how to live a healthy lifestyle; and how to join the Healthy Families Challenge.

Language: English/Spanish

Location/Schedule:

For upcoming classes or to register, Contact Lily Vela at:
lily.vela@primerohealth.org or 512-736-4361

**Seton Family of Hospitals
Diabetes- "Ask the Expert" Series**

Format is an Ask the Expert" format. Topics vary, but always address a diabetes-related topic.

Language: English or Spanish (depending on the class)

Schedule:

January 15th, 2014 6-7pm

Meter-Magic! Learn how to get the most out of home blood glucose monitoring (English)

Contact: Call 324-1891 to register

Comments: Classes take place in different Seton locations. Pre-registration is required. For updated class listing and registration, visit

http://www.goodhealth.com/classes_and_events/category/diabetes

**University of Texas at Austin
Department of Health Education and Health Behavior
Diabetes Coaching Program**

These free classes are for African-Americans with type 2 diabetes. They are designed to help self-care and use mentors in the community who also have diabetes. The program is free of charge, and all supplies are provided free of charge. Bus passes will be provided for those that ride the bus.

Language: English

For upcoming classes or to register contact Mary Steinhardt at (512) 567-1204 or email: msteinhardt@austin.utexas.edu

OR Dina Carter at (512) 972 4117 or

dina.carter@austintexas.gov

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<p style="text-align: center;">Wesley Nurses and Texas AgriLIFE Extension Type 2 Diabetes Classes</p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&M AgriLIFE Extension and Wesley Nurses. Classes cover a variety of topics.</p> <p>Language: English Schedule: Offered several times per year in community locations Contact: To register or to find out about the next class series, contact Mary Jones at mary.jones@mhm.org or 442-3054</p>	<p style="text-align: center;">Williamson County & Cities Health District Community Health Education</p> <p>Diabetes self management classes utilizing the Do Well, Be Well or Diabetes Empowerment Education Program (DEEP) Curriculum. Classes meet once a week for six weeks and each class is approximately an hour and a half. Classes take place in various locations throughout Williamson County.</p> <p>Language: English/Spanish Schedule: Offered four times per year Contact: Billye Navarro, LMSW, 248-3252 Comments: Call for dates of next series Website: www.wcchd.org/Services/HealthEd/Diabetes.htm</p>
<p style="text-align: center;">Community Health Coalition of Caldwell County Diabetes and Nutrition Education Program 313 S Commerce St. Lockhart, TX 78644</p> <p>The Community Health Coalition offers free diabetes self-management classes. Our registered dietitians follow the best practice standards for diabetes care to provide one-on-one teaching on how to manage diabetes. We can also connect patients to our Patient Prescription Assistance Program for help with medication.</p> <p>Language: English/Spanish Schedule: Appointments are available Monday thru Thursday 8:30am-4:00pm Contact: (512) 668-4681 Comments: Office and home visits are available. Physician referral is preferred but not required</p>	

*This list is not exhaustive and inclusion does not mean endorsement by the City of Austin.
Due to schedule changes, always call to confirm dates and times of classes.
Last updated November 2013