



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

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**



CLASES EN ESPAÑOL

Volunteer Healthcare Clinic

Address: 4215 Medical Parkway, Austin, TX 78745
Dates: Every Wednesday, July 22nd – August 26, 2015
Time: 4:00 pm – 5:30 pm
Language: Spanish
Taught by: El Buen Samaritano

St. John's Recreation Center

Address: 7500 Blessing Ave Austin, TX 78752
Dates: Every Friday , July 24th – Aug. 28th , 2015
Time: 9:00 am - 10:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, July 10th to Aug. 14th 2015
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano

Adventist Seven Day Church

Address: 100 W. Rundberg Ln. Austin, TX 78753
Dates: Every Sunday , July 5th – Aug. 9th , 2015
Time: 9:00 am - 10:30 am
Language: Spanish
Taught by: Community Health Workers of Travis Co.

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