



## Diabetes Prevention Programs - Free of Charge

<p style="text-align: center;"><b>Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program "Road to Health" Classes</b></p> <p>3-class program for adults on preventing or delaying type 2 diabetes through nutrition and physical activity. Classes take place in a variety of community locations throughout Travis County.</p> <p><b>Language:</b> English and Spanish <b>Location/Schedule:</b> Wednesdays, Jan 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> from 12pm to 1pm South Austin Neighborhood Center 2508 Durwood Dr. Austin TX 78704 <b>Contact:</b> Sabrina McCarty, (512) 972-5463 or Sabrina.mccarty@austintexas.gov</p>	<p style="text-align: center;"><b>MEND (Mind, Exercise, Nutrition, Do It)</b></p> <p>10 week after school program for 7-13 year olds who are above their ideal weight and their families to learn how to get in shape, reach and maintain a healthy weight, and cook tasty, healthy meals.</p> <p><b>Language:</b> English/Spanish <b>Schedule:</b> Call to enroll in the next class series <b>Contact:</b> Missy Quintella (512) 236-9622 or email: missy.quintella@austinyymca.org <b>Comments:</b> This program is taking place at YMCA facilities and other community sites. <b>Website:</b> <a href="http://www.mendpoverty.org">http://www.mendpoverty.org</a></p>
<p style="text-align: center;"><b>Dell Children's Medical Center of Central Texas Texas Center for the Prevention and Treatment of Childhood Obesity Healthy Living, Happy Living Program/ Vida Sana Vida Feliz</b></p> <p>10 week program for overweight and obese children ages 6 to 11 years old and their parents/guardians, and focuses on providing tools for families to empower them to make healthy changes</p> <p><b>Language:</b> English/Spanish <b>Schedule:</b> Ongoing, call for next series <b>Contact:</b> Stephanie Saucedo (512) 324-9999 ext. 86437 <b>Comments:</b> Focus is on physical activity, nutrition, mental health/behavior change, and family involvement <b>Website:</b> <a href="http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/">http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/</a></p>	<p style="text-align: center;"><b>Seton Community Health Centers Healthy Kids Program/ Programa de Niños Sanos Kozmetzky Community Health Center 3706 S. First Street, Austin, TX 78704 Topfer Community Health Center 8913 Collinfield Drive, Austin, TX 78758 McCarthy Community Health Center 2811 East Second St. Austin, TX 78702</b></p> <p>1 class program for children ages 5-18 years old who are at risk for diabetes and their families. Learn about healthy food choices and portion distortion, the importance of choosing a healthy lifestyle to prevent diabetes, and the benefits of exercise.</p> <p><b>Language:</b> English/Spanish <b>Schedule:</b> Call for schedule and to register <b>Contact:</b> Call (512) 324-4911 to register (leave message) <b>Comments:</b> Free, but you must register in advance <b>Website:</b> <a href="http://www.seton.net/locations/clinics">http://www.seton.net/locations/clinics</a></p>

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\*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.

**Texas A&M AgriLife Extension  
Better Living for Texans (BLT) program**

This program uses "Get the Facts" curriculum. These classes will help participants to learn to use the Nutrition Facts label to choose healthful foods. The classes will provide basic information on every Nutrition Facts label, to limit certain kinds of fat in the foods and to limit sodium. Then we'll talk about using the serving sizes on the label to create balanced meals.

**Please see the list below of upcoming classes and locations:**

Blanton Elementary  
5408 Westminster Dr. (Room #106)  
Austin, TX 78723  
11/6, 11/13, 11/20 from 8:30-9:30 a.m. (English)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Harris Elementary  
1711 Wheless Ln. (Portable #26)  
Austin, TX 78723  
11/5, 11/12, 11/19 from 8:45-9:45 a.m. (English)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Senior Activity Center-Lamar  
2874 Shoal Creek,  
Austin, TX 78705  
11/6, 11/13, 11/20 from 11:00am-12:00p.m. (English)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Ascend Center for Learning  
1640-B East 2nd St., Ste. 100  
Austin, TX 78702  
11/14, 11/21, 12/5 from 10:00 - 11:00am (English)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Kocurek Elementary  
9800 Curlew Dr.  
Austin, TX 78748  
11/20, 12/4 and 12/11 from 5:00-6:00 p.m. (TBD)  
Extension Assistant Enereyda Garza (w) 512-854-3184

Austin Area Urban League  
8011 A Cameron Rd.  
Austin, TX 78754  
11/6, 11/13 and 11/20 from 2:00-3:00p.m. (English)  
Contact: Extension Assistant Enereyda Garza 512-854-3184

Gus Garcia Rec. Center- Seniors  
1201 E. Rundberg Ln.  
Austin, TX 78753  
12/9, 12/11, 12/13 from 10:30 – 11:30 a.m. (English)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Woolridge Elementary.  
1412 Norseman Terrace  
Austin, TX 78758  
12/16, 12/18, 12/20 from 8:15 – 9:15 a.m. (Spanish)  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Paredes Middle School  
10100 S Mary M. Searight Dr.  
Austin, TX 78748 (English)  
1/15/14, 1/17/14, 1/22/14 from 8:30 – 9:30 am  
Contact: Extension Assistant Lucy Estrada 512-854-3198

Casey Elem.  
9400 Texas Oaks  
Austin, TX 78748 (English)  
1/17/14, 1/24/14, 1/31/14 from 8:30 – 9:30 am  
Contact: Extension Assistant Lucy Estrada 512-854-3198

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Visit our website <http://austintexas.gov/department/central-texas-diabetes-coalition> for the most updated list of resources.

Last updated 11/2013.