

Diabetes Prevention Programs

YMCA Diabetes Prevention Program

Organization: YMCA

Contact: Mashariki Cannon

Phone: (512) 542-9622

Email: mcannon@austinyymca.org

Website: <http://www.austinyymca.org/programs/ymca-diabetes-prevention-program>

Language: English and Spanish

Additional Information: 12-month program consisting of 16 core sessions; must be pre-diabetic to participate

“Road to Health” Classes

Organization: Austin/Travis County Health and Human Services Department

Contact: Sabrina McCarty

Phone: (512) 972-5463

Email: sabrina.mccarty@austintexas.gov

Website: www.austintexas.gov/department/diabetes-eduation

Language: English and Spanish

MEND- Mind, Exercise, Nutrition, Do It (for kids 7-13)

Organization: YMCA

Contact: Missy Quintella

Phone: (512) 236-9622

Email: missy.quintella@austinyymca.org

Website: <http://www.austinyymca.org/programs/mend-mind-exercise-nutrition-do-it>

Language: English and Spanish

Additional Information: 10 week program, kids ages 7-13

Healthy Living, Happy Living Program/Vida Sana Vida Feliz

Organization: Dell’s Children Medical Center of Central Texas

Contact: Stephanie Saucedo

Phone: (512) 324-9999 ext.86437

Website: http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/

Language: English and Spanish