



Diabetes Education Classes- Free of Charge

<p style="text-align: center;">Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program</p> <p>Register today if you are newly diagnosed with type 2 diabetes or just want to learn more about diabetes control and prevention. These free classes use the Diabetes Empowerment Education Program (DEEP) curriculum and are open to people with diabetes, family and friends.</p> <p>Language: English or Spanish Schedule:</p> <p>Spanish Classes (in partnership with El Buen Samaritano): Fridays from 8:30 am to 10 am Oct. 19th, 26th, Nov. 2nd and Nov. 9th 2012 Dobie Middle School Family Resource Center 1200 E. Rundberg Ln., Austin 78753, Portable #3 To register call: (512) 841-2921</p> <p>Thursdays from 6pm to 8pm November 1st, 8th, 15th and 29th 2012 Webb Middle School Family Resource Center 601 E. St. John Ave, Austin, 78752, Portable #3 To register call: (512) 841-2280</p> <p>English Classes: Tuesdays from 7 to 8 pm October 16th, 23th, 30th, November 6th 2012 South Austin Senior Activity Center 3711 Manchaca Rd., Austin Texas 78704 Contact Sabrina McCarty at 972-5463 or sabrina.mccarty@austintexas.gov to register</p>	<p style="text-align: center;">Seton Family of Hospitals Diabetes- “Ask the Expert” Series</p> <p>Format is an informational “Ask the Expert” format. Topics vary, but always address a diabetes-related topic.</p> <p>Language: English or Spanish (depending on the class) Schedule: Classes are from 6:30 to 8:30 PM.</p> <p>Contact: Call 324-1891 to register Comments: Classes take place in different Seton locations. November 14th 2012- Ask the Dietitian! Managing Diabetes During the Holidays! January 30th, 2012- Ask the optometrist Pre-registration is required. For updated class listing and registration, visit http://www.goodhealth.com/classes_and_events/category/diabetes</p>
<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;">El Buen Samaritano Diabetes Education Classes</p> <p>Series of classes on nutrition, physical activity, and health topics related to type 2 diabetes. Uses the Diabetes Empowerment Education Program (DEEP) Curriculum.</p> <p>Language: Spanish Schedule: Mondays from 6 to 7 pm at El Buen Samaritano, 7000 Woodhue Dr., Austin 78745 Contact: Katherine Muñoz, 439-8917 Comments: Call for registration Website: http://www.elbuen.org/education.html</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.

Visit our website <http://www.austintexas.gov/diabetes> for the most updated list of resources. Last updated 9/2012.

**Williamson County & Cities Health District
Community Health Education**

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.

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

**Community Health Coalition of Caldwell County
Diabetes and Nutrition Education Program**

313 S Commerce St. Lockhart, TX 78644

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.

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

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