



## 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)**

Register today if you are newly diagnosed with type 2 diabetes or just want to learn more about diabetes control and prevention. These four free classes use the Diabetes Empowerment Education Program (DEEP) curriculum and are open to people with diabetes, family and friends.

**Language:** English

**Location/Schedule:** Classes held at Rosewood-Zaragoza Neighborhood Center, 2800 Weberville Road  
May 7<sup>th</sup>, May 14<sup>th</sup>, May 21<sup>st</sup>, and May 28<sup>th</sup> 2013  
10 AM to 11:30 AM

**Contact:** To register, contact Sabrina McCarty at (512) 972-5463 or [Sabrina.mccarty@austintexas.gov](mailto:Sabrina.mccarty@austintexas.gov) .

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

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

**Language:** English or Spanish (depending on the class)

**Schedule:** Classes are from 6:30 to 8:30 PM.

**May 1<sup>st</sup> 2013:** Ask The Expert! Learn from People with Diabetes that Are Living Healthy and Active!

**July 24<sup>th</sup> 2013:** Ask the Physical Therapist: Stepping into Better Balance with Diabetes

**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](http://www.goodhealth.com/classes_and_events/category/diabetes)

**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 and Spanish

**Location/Schedule:**

Our Lady of Guadalupe Catholic Church  
1206 East 9<sup>th</sup> Street, Austin, TX 78702  
Saturdays, May 11, May 18, May 25, & June 1, 2013 From 9 am to Noon

**Contact:** To register, Contact Lily Vela at: [lily.vela@primerohealth.org](mailto:lily.vela@primerohealth.org) or 512-736-4361

**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

**Locations/Schedule:**

Blackland Neighborhood Center  
Tuesdays from Noon-2pm  
May 7<sup>th</sup> – July 23<sup>rd</sup> 2013

Mt. Zion Baptist Church  
Tuesdays from 6 pm-8pm  
May 7<sup>th</sup>-July 23<sup>rd</sup> 2013

Olivet Baptist Church  
Saturdays from 9 am to 11 am  
May 11- July 27<sup>th</sup> 2013

**Contact:** To register contact Mary Steinhhardt at (512) 567-1204 or email: [msteinhardt@austin.utexas.edu](mailto:msteinhardt@austin.utexas.edu) OR Dina Carter at (512) 972 4117 or email [dina.carter@austintexas.gov](mailto:dina.carter@austintexas.gov)

Continues on next page...

|  |  |
|--|--|
| <p style="text-align: center;"><b>Wesley Nurses and Texas AgriLIFE Extension<br/>Type 2 Diabetes Classes</b></p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&amp;M AgriLIFE Extension and Wesley Nurses. Classes cover a variety of topics.</p> <p><b>Language:</b> English<br/> <b>Schedule:</b> Offered several times per year in community locations<br/> <b>Contact:</b> To register or to find out about the next class series, contact Mary Jones at <a href="mailto:mary.jones@mhm.org">mary.jones@mhm.org</a> or 442-3054</p>   | <p style="text-align: center;"><b>Williamson County &amp; Cities Health District<br/>Community Health Education</b></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><b>Language:</b> English/Spanish<br/> <b>Schedule:</b> Offered four times per year<br/> <b>Contact:</b> Billye Navarro, LMSW, 248-3252<br/> <b>Comments:</b> Call for dates of next series<br/> <b>Website:</b> <a href="http://www.wcchd.org/Services/HealthEd/Diabetes.htm">www.wcchd.org/Services/HealthEd/Diabetes.htm</a></p> |
| <p style="text-align: center;"><b>Community Health Coalition of Caldwell County<br/>Diabetes and Nutrition Education Program</b><br/>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><b>Language:</b> English/Spanish<br/> <b>Schedule:</b> Appointments are available Monday thru Thursday 8:30am-4:00pm<br/> <b>Contact:</b> (512) 668-4681<br/> <b>Comments:</b> 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 April 2013