



Diabetes Education Classes- Free of Charge

<p>Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program</p> <p>5 session series on nutrition, physical activity, and health topics related to type 2 diabetes using the Diabetes Empowerment Education Program (DEEP) Curriculum. Classes at Cepeda Library - 651 N. Pleasant Valley Rd. Austin, TX</p> <p>Language: Spanish Schedule: Saturdays from October 15th to November 12th, from 10:30am – 12:00pm The following series are open to the public and will be offered in Spanish in partnership with El Buen Samaritano: Contact: To register, call Katherine Muñoz (512) 439-8917 Comments: Call for registration.</p>	<p>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: Next class: September 21st, 2011: Ask the Gardener (English) Contact: Call 324-1891 to register Comments: Classes are free and 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</p>
<p>AgriLIFE EXTENSION Type 2 Diabetes Classes</p> <p>Faith United Methodist Church 2701 S. Lamar, Austin TX 78704</p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&M AgriLIFE EXTENSION. Classes meet every two weeks and cover a variety of topics.</p> <p>Language: English Schedule: Thursday from 6:00pm – 7:00 pm October 13, 20, and 27; November 3, 10 and 17; December 1, 8 and 15 Contact: For registration call 444-6781 ext. 7 Comments: Email Rebecca Sweet, RN at rsweet@mhmc.org or Mary Jones at mary.jones@mhmc.org Website: http://fcs.tamu.edu/health/type_2diabetes/diabetes_classes.php</p>	<p>Williamson County & Cities Health District Community Health Education</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>Language: English/Spanish Schedule: Offered four times per year Contact: Billye Navarro, LMSW, (512) 248-3252 Comments: Call for dates of next series Website: www.wcchd.org/Services/HealthEd/Diabetes.htm</p>
<p>Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program</p> <p>4 session series on nutrition, physical activity, and health topics related to type 2 diabetes using the Diabetes Empowerment Education Program (DEEP) Curriculum.</p> <p>Classes at RBJ Building 3rd Floor Conference Room 15 Waller, Austin, TX 78702</p> <p>Capital Metro Routes: #21 Exposition, #22 Chicon</p> <p>Language: English Schedule: Tuesdays 12:00 – 1:30 November 1st, 8th, 15th, 22nd</p> <p>Contact: Call or email to register for classes. 972-5463 or email: Sabrina.mccarty@ci.austin.tx.us</p> <p>Comments: Class size is limited. Pre-registration is required</p>	<p>El Buen Samaritano Diabetes Education Classes 7000 Woodhue Dr., Austin, TX 78745</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: Classes are Wednesdays from 6:30 to 7:30 pm Contact: Katherine Muñoz, 439-8917 Comments: Call for registration Website: http://www.elbuen.org/education.html</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.

Visit our website www.ci.austin.tx.us/health/diabetes for the most updated list of resources. Last updated 7/2011.

<p style="text-align: center;">AgriLIFE EXTENSION Type 2 Diabetes Classes</p> <p style="text-align: center;">South Austin Senior Activity Center 3911 Manchaca Road, Austin Texas</p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&M AgriLIFE EXTENSION. Classes meet once a week and cover a variety of topics.</p> <p>Language: English Schedule: Wednesdays from 1:30pm – 2:30pm September 7, 14, 21, and 28 October 5, 12, 19, 26 and November 2 Contact: For registration call 444-6781 ext. 7 Comments: Email Rebecca Sweet, RN at rsweet@mhm.org or Mary Jones, RN at mary.jones@mhm.org for additional information</p>	<p style="text-align: center;">AgriLIFE EXTENSION Type 2 Diabetes Classes</p> <p style="text-align: center;">Buda United Methodist Church 302 Elm Street, Buda, Texas 78610</p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&M AgriLIFE EXTENSION. Classes meet every two weeks and cover a variety of topics.</p> <p>Language: English Schedule: Wednesdays from 9:00am – 10:00am August 31, September 14 and 28, October 12 and 16, November 9 and 23, December 7 and 14 Contact: For registration call 444-6781 ext. 7 Comments: Email Rebecca Sweet, RN at rsweet@mhm.org for additional information</p>
<p>Community Health Coalition of Caldwell County Diabetes and Nutrition Education Program 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>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</p>	