HEALTHY LIVING

HEALTHY NUTRITION • EXERCISE • STRESS MANAGEMENT

Come learn how to **manage type 2 diabetes** by making small changes, step by step.

Classes are fun, interactive, and FREE. Get a Free 2 month YMCA membership & HEB gift card by coming to classes!

	Class 1: Introduction and Overview of Diabetes		**Class 2:** Diabetes Management, Monitoring, and Medications
	Class 3: Diabetes Control and Exercise		**Class 4:** Diabetes Control and Nutrition
	Class 5: Preventing Complications		**Class 6:** Communication, Managing Stress and Depression, Your Rights

CLASSES IN ENGLISH

Currently, there are no classes in English. If you know of a location or organization that could benefit from hosting a class series for free, please contact Estephanie Olivares at 512-972-6769 or at estephanie.olivares@austintexas.gov

Registration/Registración: Estephanie Olivares (512) 972-6769

Community DIABETES INITIATIVE

AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT

CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM

VIVIENDO SALUDABLE

NUTRICIÓN SALUDABLE • EJERCICIO • MANEJO DE ESTRÉSS

Venga a aprender a **controlar la diabetes tipo 2** realizando pequeños cambios, paso a paso. ¡Gane algún premio! Las clases son divertidas, interactivas y **gratis**.

Classes en Español

	Clase N.° 1: Introducción y perspectiva general de la diabetes		**Clase N.° 2:** Manejo, monitoreo y medicamentos para la diabetes
	Clase N.° 3: Control de la diabetes y ejercicio		**Clase N.° 4:** Control de la diabetes y nutrición
	Clase N.° 5: Prevención de complicaciones		**Clase N.° 6:** Comunicación, manejo del estrés y depresión, sus derechos

South Austin Neighborhood Center En El Tree room

Address: 2508 Durwood, Austin, TX 78704

Dates: Martes, Junio 14—Julio 19, 2016

Time: 10:00 am—11:30 am

Language: Español

Taught by: ATC HHSD

Volunteer Health Clinic

Address: 5400 Freidrich Lane, Austin, TX 78744

Dates: Miércoles, Junio 15—Julio 20, 2016

Time: 10:00 am—11:30 am

Language: Español

Taught by: ATC HHSD

Huntington Meadows Apartments

Address: 7000 Decker Lane Drive. Austin, TX 78724

Dates: Miércoles, Junio 15—Julio 20, 2016

Time: 6:00 pm—7:30 pm

Language: Español

Taught by: Crescencia Alvarado

Registration/Registración: Estephanie Olivares (512) 972-6769

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