



DO YOU HAVE DIABETES? ARE YOU FEELING ALONE OR OVERWHELMED?

Come learn how to manage diabetes by making small changes, step by step. The Community Diabetes Initiative is offering a series of 6 FREE diabetes education classes for people with type 2 diabetes and their caregivers. Get free items to help you to take control of your diabetes. Win door prizes!



Class 1: Overview of Diabetes



Class 2: Monitoring and Medications



Class 3: Diabetes Control and Exercise



Class 4: Diabetes Control and Nutrition



Class 5: Preventing Complications



Class 6: Communication, Managing Stress

CLASS SERIES IN ENGLISH

Grace Covenant Christian Center of Austin

Address: 6012 Manor Road, Austin 78753
Dates: Every Tuesday, Feb 24th- March 31st 2015
Time: 7 pm to 8:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

East Communities YMCA

Address: 5315 Ed Bluestein Blvd, Austin, TX 78723
Dates: Every Thursday, March 26th- April 30th 2015
Time: 6 pm to 7:30 pm
Language: English
Taught by: ARCF Community Services
Contact: To register, call the YMCA at (512) 933-9622

South Austin Community Church

Address: 4930 South Congress, Bldg A, Austin, 78745
Dates: Every Saturday, Feb. 21st - March 28th 2015
Time: 9 am to 10:30 am
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Eastside Church of Christ

Address: 5701 E. Martin Luther King, Jr. Blvd, Austin 78721
Dates: Every Wednesday, April 15th- May 20th 2015
Time: 6 pm to 7:30 pm
Language: English
Taught by: ARCF Community Services
Contact: Anthony Buchanan (512) 229-7846

Elroy Community Library

Address: 13512 FM 12, Del Valle, 78617
Dates: Tuesdays, February 17th - March 24th 2015
Time: 1 pm to 2:30 pm
Language: English
Taught by: Austin/Travis County HHSD
Contact: Sabrina McCarty (512) 972-5463

**There is a minimum class size in order for classes to start.
Please call to reserve your spot today!**

[See back of page for classes in Spanish -->](#)





CLASS SERIES IN SPANISH

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, March 13th – April 17 2015
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano
Contact: Juan Rosa (512) 439-0728

East Communities YMCA

Address: 5315 Ed Bluestein Blvd, Austin, TX 78723
Dates: Thursdays, March 26th, April 2nd, April 9th, 23rd and 30th. Also Wednesday, April 15th
Time: 6 pm to 7:30 pm
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: To register, call the YMCA at (512) 933-9622

Elroy Community Library

Address: 13512 FM 812, Del Valle, 78617
Dates: Fridays April 10, 17, 24, May, 1, 8, and 15
Time: 6 pm to 7:30 pm
Language: Spanish
Taught by: Community Health Workers of Travis Co.
Contact: Crescencia Alvarado

