



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: 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

CLASSES IN ENGLISH

Wesley United Methodist Church

Address: 1164 San Bernard St, Austin, TX 78702
Dates: Every Wednesday, Sept. 2- Oct. 7 2015
Time: 7pm to 8:30 pm
Language: English
Taught by: ARCF Community Services

South Austin Neighborhood Center

Address: 2508 Durwood Austin, TX 78704
Dates: Every Monday, August 10th – September 14th
Time: 11:30 am – 1:00 pm
Language: English
Taught by: ATC HHSD

Solid Rock Baptist Church

Address: 1014 Gardner Road Austin, TX 78721
Dates: Every Saturday, August 29th – Sept. 19, 2015
Time: 10:00 am – 11:30 am
Language: English
Taught by: ARCF Community Services

CLASES EN ESPAÑOL

El Buen Samaritano

Address: 7000 Woodhue Dr, Austin 78745
Dates: Every Friday, August 28th – October 2nd
Time: 9 am to 10:30 am
Language: Spanish
Taught by: El Buen Samaritano

**Registration/Registración:
Stephanie Olivares (512) 972-6769**

