Diabetes Prevention Programs

YMCA Diabetes Prevention Program
Organization: YMCA
Contact: Mashariki Cannon
Phone: (512) 542-9622
Email: mcannon@austinymca.org
Website: http://www.austinymca.org/programs/ymca-diabetes-prevention-program
Language: English and Spanish
Additional Information: 12-month program consisting of 16 core sessions; must be pre-diabetic to participate

“Road to Health” Classes
Organization: Austin/Travis County Health and Human Services Department
Contact: Sabrina McCarty
Phone: (512) 972-5463
Email: sabrina.mccarty@austintexas.gov
Website: www.austintexas.gov/department/diabetes-education
Language: English and Spanish

MEND- Mind, Exercise, Nutrition, Do It (for kids 7-13)
Organization: YMCA
Contact: Missy Quintella
Phone: (512) 236-9622
Email: missy.quintella@austinymca.org
Website: http://www.austinymca.org/programs/mend-mind-exercise-nutrition-do-it
Language: English and Spanish
Additional Information: 10 week program, kids ages 7-13

Healthy Living, Happy Living Program/Vida Sana Vida Feliz
Organization: Dell’s Children Medical Center of Central Texas
Contact: Stephanie Sauceda
Phone: (512) 324-9999 ext.86437
Website: http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/
Language: English and Spanish

*This list is not exhaustive and inclusion does not mean endorsement by the City of Austin. Last updated 3/2014.