



# 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 10<sup>th</sup> – September 14<sup>th</sup>  
**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 15 – Sept. 19, 2015  
**Time:** 10:00 am – 11:30 am  
**Language:** English  
**Taught by:** ARCF Community Services

#### The Palms on N. Lamar

**Address:** 8600 N. Lamar Blvd. Austin, TX 78758  
**Dates:** Wednesdays, July 8 – August 12th  
**Time:** 1:00 pm – 2:30pm  
**Language:** English  
**Taught by:** ATC HHSD

#### Abundant LIFE Church

**Address:** 2113 West Wells Branch Parkway, Ste. 4000  
**Dates:** Every Thursday, August 6 – August 27, 2015  
**Time:** 6:30 – 8:30 pm  
**Language:** English  
**Taught by:** ARCF Community Services



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



## CLASES EN ESPAÑOL

### Volunteer Healthcare Clinic

**Address:** 4215 Medical Parkway, Austin, TX 78745  
**Dates:** Every Wednesday, July 22<sup>nd</sup> – August 26, 2015  
**Time:** 4:00 pm – 5:30 pm  
**Language:** Spanish  
**Taught by:** El Buen Samaritano

### St. John's Recreation Center

**Address:** 7500 Blessing Ave Austin, TX 78752  
**Dates:** Every Friday, July 24th – Aug. 28th, 2015  
**Time:** 9:00 am - 10:30 am  
**Language:** Spanish  
**Taught by:** Community Health Workers of Travis Co.

### El Buen Samaritano

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



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

