

**AUSTIN/TRAVIS COUNTY HEALTH AND HUMAN SERVICES DEPARTMENT**  
**CHRONIC DISEASE PREVENTION AND CONTROL PROGRAM**

**ROAD TO HEALTH PROGRAM**

Road To health is a 4-class series designed to help prevent type 2 diabetes. We provide classes at your site, free.

These classes will prepare and empower participants to:

- Achieve and maintain a healthy weight
- Use healthy nutrition practices
- Become more physically active

Weight, blood pressure, and waist circumference measures are taken in the first and last class. Door prizes!

- **To schedule Road To Health classes in English**, or refer your English-speaking clientele, contact Sabrina McCarty at 512-972-5463 or by email at [sabrina.mccarty@austintexas.gov](mailto:sabrina.mccarty@austintexas.gov)
- **To schedule Road To Health classes in Spanish**, or refer your Spanish-speaking clientele, contact Stephanie Helfman at 512-972-6764 or by email at [stephanie.helfman@austintexas.gov](mailto:stephanie.helfman@austintexas.gov)

*Free classes are provided through the Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program*

