



**CENTRAL TEXAS  
DIABETES COALITION**

## Diabetes Education Classes- Free of Charge

<p style="text-align: center;"><b>Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program</b></p> <p>Register today if you are newly diagnosed with type 2 diabetes or just want to learn more about diabetes control and prevention. These free classes use the Diabetes Empowerment Education Program (DEEP) curriculum and are open to people with diabetes, family and friends.</p> <p><b>Language:</b> English or Spanish  <b>Schedule:</b> English Classes: Saturdays, March 17<sup>th</sup>, 31<sup>st</sup>, April 7<sup>th</sup>, and April 14<sup>th</sup> from 10:30 to noon at the St. John's Community Center, 7500 Blessing Avenue          Spanish Classes: Saturdays, May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, and June 2<sup>nd</sup> at San Jose Church, Casita Esperanza Bldg, 2435 Oak Crest from 10:00 AM to 11:30 AM (this series is offered in partnership with El Buen Samaritano)  <b>Contact:</b> To register for English classes, contact Sabrina McCarty at 972-5463 or <a href="mailto:sabrina.mccarty@austintexas.gov">sabrina.mccarty@austintexas.gov</a>          To register for Spanish classes, contact Katherine Muñoz 439-8917 or <a href="mailto:kmunoz@elbuen.org">kmunoz@elbuen.org</a>  <b>Comments:</b></p>	<p style="text-align: center;"><b>Seton Family of Hospitals Diabetes- "Ask the Expert" Series</b></p> <p>Format is an informational "Ask the Expert" format. Topics vary, but always address a diabetes-related topic.</p> <p><b>Language:</b> English or Spanish (depending on the class)  <b>Schedule:</b> Classes are from 6:30 to 8:30 PM.</p> <ul style="list-style-type: none"> <li>• March 21<sup>st</sup>: Ask the Extension Agent: Eating Healthy with Diabetes on a Budget. Speaker: Dr Mary Bielamowicz, RD, LD, Extension Specialist, College Station</li> <li>• April 4<sup>th</sup>: Ask the Podiatrist: Walking Healthy with Diabetes</li> <li>• May 16<sup>th</sup>: Ask the Educator: Trust the Process: Making Sense of Change in our Lives!</li> </ul> <p><b>Contact:</b> Call 324-1891 to register  <b>Comments:</b> Classes take place in different Seton locations. Pre-registration is required. For updated class listing and registration, visit <a href="http://www.goodhealth.com/classes_and_events/category/diabetes">http://www.goodhealth.com/classes_and_events/category/diabetes</a></p>
<p style="text-align: center;"><b>AgriLIFE EXTENSION Type 2 Diabetes Classes</b></p> <p>Free diabetes self management classes utilizing the Do Well, Be Well curriculum are being offered through Texas A&amp;M AgriLIFE EXTENSION. Classes cover a variety of topics.</p> <p><b>Language:</b> English  <b>Schedule:</b> March 31<sup>st</sup>, April 7<sup>th</sup>, April 14, April 21 and April 28<sup>th</sup> at the Crestview United Methodist Church, 1300 Morrow Street, Austin, 78757  <b>Contact:</b> To register, contact Rebecca Sweet, RN at <a href="mailto:rsweet@mhm.org">rsweet@mhm.org</a> or 444-6781 ext. 7 or Mary Jones at <a href="mailto:mary.jones@mhm.org">mary.jones@mhm.org</a> or 442-3054</p>	<p style="text-align: center;"><b>Williamson County &amp; Cities Health District Community Health Education</b></p> <p>Diabetes self management classes utilizing the Do Well, Be Well or Diabetes Empowerment Education Program (DEEP) Curriculum. Classes meet once a week for six weeks and each class is approximately an hour and a half. Classes take place in various locations throughout Williamson County.</p> <p><b>Language:</b> English/Spanish  <b>Schedule:</b> Offered four times per year  <b>Contact:</b> Billye Navarro, LMSW, 248-3252  <b>Comments:</b> Call for dates of next series  <b>Website:</b> <a href="http://www.wcchd.org/Services/HealthEd/Diabetes.htm">www.wcchd.org/Services/HealthEd/Diabetes.htm</a></p>
<p style="text-align: center;"><b>El Buen Samaritano Diabetes Education Classes</b></p> <p>Series of classes on nutrition, physical activity, and health topics related to type 2 diabetes. Uses the Diabetes Empowerment Education Program (DEEP) Curriculum.</p> <p><b>Language:</b> Spanish  <b>Schedule:</b> Mondays from 6 to 7 pm at El Buen Samaritano, 7000 Woodhue Dr., Austin 78745  <b>Contact:</b> Katherine Muñoz, 439-8917  <b>Comments:</b> Call for registration  <b>Website:</b> <a href="http://www.elbuen.org/education.html">http://www.elbuen.org/education.html</a></p>	<p style="text-align: center;"><b>Community Health Coalition of Caldwell County Diabetes and Nutrition Education Program</b> 313 S Commerce St. Lockhart, TX 78644</p> <p>The Community Health Coalition offers free diabetes self-management classes. Our registered dietitians follow the best practice standards for diabetes care to provide one-on-one teaching on how to manage diabetes. We can also connect patients to our Patient Prescription Assistance Program for help with medication.</p> <p><b>Language:</b> English/Spanish  <b>Schedule:</b> Appointments are available Monday thru Thursday 8:30am-4:00pm  <b>Contact:</b> (512) 668-4681  <b>Comments:</b> Office and home visits are available. Physician referral is preferred but not required</p>

This list is not exhaustive and inclusion does not mean endorsement by the City of Austin.  
 Due to schedule changes, always call to confirm dates and times of classes.

Visit our website <http://www.austintexas.gov/department/diabetes> for the most updated list of resources. Last updated 3/2012.