



**CENTRAL TEXAS
DIABETES COALITION**

Diabetes Prevention Programs - Free of Charge

<p style="text-align: center;">Seton Community Health Centers Healthy Kids Program/ Programa de Niños Sanos</p> <p style="text-align: center;">Kozmetzky Community Health Center 3706 S. First Street, Austin, TX 78704 Topfer Community Health Center 8913 Collinfield Drive, Austin, TX 78758 McCarthy Community Health Center 2811 East Second St. Austin, TX 78702</p> <p>1 class program for children ages 5-18 years old who are at risk for diabetes and their families. Learn about healthy food choices and portion distortion, the importance of choosing a healthy lifestyle to prevent diabetes, and the benefits of exercise.</p> <p>Language: English/Spanish Schedule: Call for schedule and to register Contact: Call (512) 324-4911 to register. Leave a detailed message, your call will be returned Comments: Free, but you must register in advance Website: http://www.seton.net/locations/clinics</p>	<p style="text-align: center;">Dell Children’s Medical Center of Central Texas Texas Center for the Prevention and Treatment of Childhood Obesity Healthy Living, Happy Living Program/ Vida Sana Vida Feliz</p> <p>10 week program for overweight and obese children ages 6 to 11 years old and their parents/guardians, and focuses on providing tools for families to empower them to make healthy changes</p> <p>Language: English/Spanish Schedule: Ongoing, call for next series Contact: Stephanie Saucedo (512) 324-9999 x86433 Comments: Focus is on physical activity, nutrition, mental health/behavior change, and family involvement Website: http://www.dellchildrens.net/services_and_programs/texas_center_for_the_prevention_and_treatment_of_childhood_obesity/healthy_livinghappy_living_program/</p>
<p style="text-align: center;">Austin/Travis County Health and Human Services Department Chronic Disease Prevention and Control Program</p> <p>3 class program for adults on preventing or delaying type 2 diabetes through nutrition and physical activity. Uses the Road to Health curriculum. Classes take place in a variety of community locations throughout Travis County.</p> <p>Language: English Schedule: Offered three times per year Contact: Sabrina McCarty, Health Educator (512) 972-5463 Comments: Some classes are open to the public and some are conducted at worksites for employees only. Call for upcoming classes that are open to the public.</p>	<p style="text-align: center;">MEND (Mind, Exercise, Nutrition, Do It)</p> <p>10 week after school program for 7-13 year olds who are above their ideal weight and their families to learn how to get in shape, reach and maintain a healthy weight, and cook tasty, healthy meals.</p> <p>Language: English/Spanish Schedule: Call to enroll in the next class series Contact: Missy Quintella (512) 236-9622 x 57 or email: missy.quintella@austinyymca.org Comments: This program is taking place at YMCA facilities and other community sites. Childcare is not available for additional family members while parents and target children are participating in the program. Website: http://www.mendpoverty.org</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 12/2010.