



TEXAS A&M UNIVERSITY
Healthy South Texas

LIVE WELL WITH DIABETES

ENROLL FOR FREE!

CALL NOW 1-866-524-1408



Diabetes self-management education

Join our program!

Our team of certified diabetes care and education specialists, nurses, dietitians and community health workers teach practical ways to manage diabetes while enjoying life.

***Participants must have a diagnosis of prediabetes or diabetes**

Class topics include:

- Diabetes overview
- Healthy eating
- Nutrition
- Physical activity
- Medications
- Blood glucose monitoring
- Foot care
- Mental health
- Goal setting

Classes to fit your busy life

Face-to-face or online classes are available for days and evenings.

Personal support

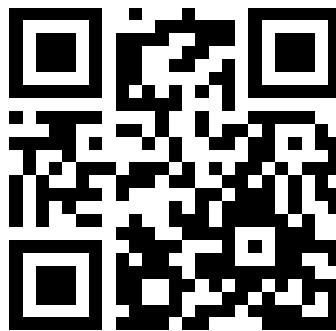
Eight months of personal support

One-on-one follow-ups and consultations to help you along your journey to improved health. Participants will receive a FREE glucose monitor and strips.

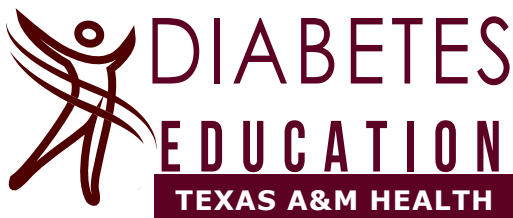
Incentives

Incentives available for program evaluation activities on a first come first serve basis. Must meet criteria requirements. Contact the local diabetes education staff for more details.

Sign up for more information!



<http://eepurl.com/hP-ylz>



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

DIABETES EDUCATION CLASS LOCATIONS

ALICE

CHRISTUS Spohn Hospital
2500 E Main St

BAY CITY

**Matagorda Episcopal Health
Outreach Program (MEHOP)**
101 Ave F

BEEVILLE

CHRISTUS Spohn Hospital
1500 E Houston St

BROWNSVILLE

Centro Cultural
2100 Gregory Ave

CORPUS CHRISTI

**Amistad Community
Health Center**
1533 S Brownlee Blvd

**CHRISTUS Spohn Hospital
Dr. Hector P. Garcia Memorial
Family Health Center**
2606 Hospital Blvd

Coastal Bend Wellness Foundation
2882 Holly Road

Education Service Center
209 N Water Street

Mission of Mercy Clinic
2421 Ayers St

CUERO

Cuero Community Hospital
2505 N Esplanade St

EDNA

Jackson County Hospital District
1013 S Wells St

HALLETTSVILLE

Lavaca Medical Center
1400 N Texana St

KINGSVILLE

**Judge Pete De La Garza
Courthouse Annex**
100 West King Ave

LAKE JACKSON

CHI St. Luke's Health Brazosport Hospital
Healthy Communities Annex Building
100 Medical Drive

PORT LAVACA

Memorial Medical Center
815 N Virginia St

ROBSTOWN

CHRISTUS Family Health Center
1038 Texas Yes Blvd.

SWEENY

Sweeny Wellness Center
505 N Main St

VICTORIA

Citizens Medical Center
2701 Hospital Dr

DeTar North
110 Medical Drive

**Victoria County Public
Health Department**
2805 N Navarro St

***Class days and times are subject to
change.**

CALL 1.866.524.1408

