

PRIMERO HEALTH

EMPOWERING PEOPLE TO TAKE CHARGE OF THEIR HEALTH
THROUGH HEALTH EDUCATION & RESOURCES



LIVING A HEALTHY LIFE WITH DIABETES



FREE DIABETES CLASSES

Learn How to Prevent and Control Diabetes

Bring friends and Relatives – Share the Health!

English/Spanish/Bilingual Classes

512-433-1796

Door Prizes

Learn more about:

- ◆ Symptoms and Risk Factors
- ◆ Living an Active Life
- ◆ Managing What You Eat
- ◆ Preventing Complications

Location:

Primero Health Center
1701 E. 7th St., Austin, TX 78702

Time:

6:00pm - 7:30pm

Date:

Tuesday August 22, 2017
Every Tuesday from 8/22 - 9/26

Ask about our Diabetes Support Group meetings held on the last Saturday of the Month 10-12noon @1701 E. 7th St



The University of Texas
Hispanic Health Professions
Organization



The University of Texas
Hispanic Nursing Student
Association
School of Nursing