

# Primero Health

PROMOTING HEALING COMMUNITIES



## DIABETES SUPPORT GROUP MEETING

### *JUNTA DE APOYO PARA EL DIABETES*

PRIMERO HEALTH, 1701 E 7TH ST, AUSTIN, TX



LAST SATURDAY of each month from 10:00 am – 12:00 noon  
*Ultimo Sabado de cada mes de 10:00 am – 12:00 mediodia*

### SUPPORT GROUP PURPOSE/*Proposito:*

Provide Diabetes related information and support to help participants manage and control diabetes successfully and support the transition from an unhealthy to a healthy lifestyle. The support group also provides an opportunity to share experiences in a social gathering environment.

*Proveer informacion y apoyo relacionado con el manejo y control de la diabetes. Tambien ofrece la oportunidad de compartir experiencias en un ambiente de compañerismo social*

### MEETING TOPICS MAY INCLUDE:

- Meal Planning and Healthy Cooking *Planeando alimentos saludables*
- How to manage and prevent heart disease / cholesterol and high blood pressure  
*Como prevenir y controlar enfermedades cardiacas, colesterol, y alta presion*
- Information on how to deal with stress.  
*Informacion sobre como manejar el estres*
- Strategies on how to change from unhealthy habits to healthy lifestyles.  
*Estrategias en como cambiar habitos no muy saludables vivir vida mas saludable.*

**For more information contact Lily Vela at [lily.vela@primerohealth.org](mailto:lily.vela@primerohealth.org) or call 512-433-1796**  
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