

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 or call 512-433-1796
Para mas informacion comuniquese con Lily Vela email: lily.vela@primerohealth.org
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