

Free Community Education and Resources

Name of Class	Class Offered By	Contact Information	Who Can Attend?	Locations
<p>A Matter of Balance: Senior Fall Prevention</p> <p>Diabetes Self-Management Program</p> <p>Chronic Disease Self-Management Program</p> <p>Chronic Pain Self-Management Program</p>	<p>Area Agency on Aging of Central Texas: A Partner Agency of the Central Texas Aging, Disability & Veterans Resource Center</p>	<p>Susan Burchfield, Coordinator Community Health & Wellness Programs 254 770.2356 or 855.937.2372 www.centraltexasadvrc.org Contact by email: wellnesseducation@ctcog.org</p>	<p>Open for the entire community with no restriction on age, income or residence. Classes are offered at no charge</p>	<p>Counties: Bell, Coryell, Hamilton, Lampasas, Milam, Mills and San Saba</p>
<p>Diabetes Wellness Program “Power Over Diabetes”</p> <p>Farmer’s Market</p>	<p>Baylor Scott & White Health</p>	<p>CommunityHealth@BWSHealth.org Or call: (254)724-6847</p>	<p>Open for the entire community with no restriction on age, income or residence. Classes are offered at no charge</p>	<p>Temple</p>
<p>“Do Well, Be Well with Diabetes” Class General Health and Cooking Classes</p> <p>Online Classes, variety of health and wellness topics</p>	<p>Texas AgriLife Extension Family and Community Health</p>	<p>http://agrilife.org/bellcountyfcs/ Jackie McLaughlin Sheryl Austin 254-933-5305 https://extensiononline.tamu.edu/courses/index.php</p>	<p>Open for the entire community. Classes are offered at no charge</p>	<p>Belton (Online Classes)</p>
<p>Diabetes Box Program</p> <p>Nutrition and Gardening Classes for Families</p>	<p>Central Texas Food Bank</p>	<p>www.centraltexasfoodbank.org Mary Agnew 512-684-2501</p>	<p>Open for entire community; no charge Available to qualified individuals and their families</p>	<p>Temple, Waco Marble Falls Austin</p>

Need help and don't know who to call?	Texas Health and Human Services Commission	Trained specialists to connect you to various state and local services, available 24 hours/day, 7 days/week, 365 days/year: Dial 211, or go to www.211Texas.org	No charge; information search for those without internet access	Texas
Helpful VA Health websites	Central Texas Veterans Health Care System	www.centraltexas.va.gov	Online information available for anyone in community Programs limited to enrolled Veterans	(Online Resources)
	Veterans Health Library	www.veteranshealthlibrary.org		
	My HealtheVet	www.myhealth.va.gov		
	MOVE! Weight Management	www.move.va.gov		
	Healthy Living Messages	www.prevention.va.gov		
	Tobacco Cessation	www.publichealth.va.gov/smoking/ or call 1-855-QUIT-VET		
Helpful Diabetes websites	American Diabetes Association	www.diabetes.org 1-800-DIABETES (800-342-2383)	Online information available for anyone in community	(Online Resources)