

YOUR HEALTH MATTERS!



DIABETES AWARENESS

What is Diabetes?

Diabetes is the **7th** leading cause of death in the U.S.



Diabetes has no cure but can be managed.

Common Types of Diabetes

TYPE 1:	TYPE 2:	GESTATIONAL:
Body does not produce enough insulin	Body produces insulin but can't use it well	Temporary condition in pregnancy

What **INCREASES** your chances of **DEVELOPING** diabetes?



Source: American Diabetes Association

Graphics: Vecteezy

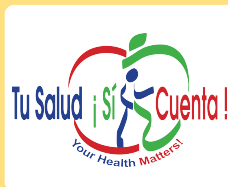
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Free Exercise Classes

NOVEMBER 2017

Los Indios

Laguna Vista

Harlingen

Los Fresnos

Los Fresnos

San Benito

San Benito

Location:
Senior Center
309 E Heywood

Date(s) & Time:
Walking class
Mon., Tue., Wed, Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Denise
(956) 399-4255

Location:
Riofaj Park

Date(s) & Time:
Zumba
Mon., Tue., Wed., Thurs. Fri.
8:30 a.m. - 9:30 a.m.

Contact: Alma
(956) 943-1793

Location:
Abundant Life Church
101 N.O St.

Date(s) & Time(s):
Tues. & Thurs.
9:00 a.m. - 10:00 a.m.

Contact: Raquel
(956) 357-2078

Location:
Memorial Park
900 North Arroyo Blvd.

Date(s) & Time(s):
Cardio Kick Boxing
Monday
8:30 a.m. - 9:30 a.m.

Water Pole
Tues. & Thurs.
5:00 p.m. - 6:00 p.m.

Body Sculpting
Tues. & Thurs.
8:30 a.m. - 9:30 a.m.

Fitness Blender
Wed. & Fri.
8:30 a.m. - 9:30 a.m.

Location:
Iglesia Santa Cecilia
Salon Parroquial
606 W Ocean Blvd.

Date(s) & Time(s):
Mon., Wed., Thurs.
8:00 a.m. - 9:00 a.m.

Contact:
Carolina (956) 346-9005

Location:
Parish Hall
San Ignacio de Loyola,
24380 W.US Hwy281

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.

Contact:
Alba (956) 755-0609 or
Mina (956) 755-0612 or
Mirna (956) 243-6431

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon., Wed,
5:30 p.m. - 6:30 p.m.

Strength & Toning
Wed., Fri.
8:00 a.m. - 9:00 a.m.

Contact: Letty
(956) 357-4564

Port Isabel

Rio Hondo

Location:
Community Center
213 Yutina St.

Date(s) & Time:
Zumba
Mon., Tue., Wed Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Cecilia
(956) 266-2231

Location:
Civic Center
121 Arroyo Blvd.

Date(s) & Time(s):
Zumba
Tue.
6:00 p.m. - 7:00 p.m.

Bodyweight
Thurs.
6:00 p.m. - 7:00 p.m.

Contact: Miranda
(956) 564-3638

Location:
Abundant Life Church
101 N.O St.

Date(s) & Time(s):
Tues. & Thurs.
9:00 a.m. - 10:00 a.m.

Contact: Raquel
(956) 357-2078

Location:
Memorial Park
900 North Arroyo Blvd.

Date(s) & Time(s):
Lap Swimming
Mon., Wed., Friday
6:00 a.m. - 8:00 a.m.
& 7:00 p.m. - 8:00 p.m.

Water Aerobics
Tues. & Thurs.
7:00 a.m. - 8:00 a.m.
6:00 p.m. - 7:00 p.m.

Contact:
Christine (956) 312-1406

Location:
Iglesia Santa Cecilia
Salon Parroquial
606 W Ocean Blvd.

Date(s) & Time(s):
Mon., Wed., Thurs.
8:00 a.m. - 9:00 a.m.

Contact:
Carolina (956) 346-9005

Location:
Parish Hall
San Ignacio de Loyola,
24380 W.US Hwy281

Date(s) & Time
Mon., Wed., Fri.
8:30 a.m. - 9:30 a.m.

Contact:
Alba (956) 755-0609 or
Mina (956) 755-0612 or
Mirna (956) 243-6431

Location:
Community Bldg.
210 E. Heywood

Date(s) & Time:
Zumba
Mon., Wed,
5:30 p.m. - 6:30 p.m.

Strength & Toning
Wed., Fri.
8:00 a.m. - 9:00 a.m.

Contact: Letty
(956) 357-4564

Brownsville

Location:
San Felipe de
Jesus Church
2215 Rancho
Viejo Ave.

Date(s) & Time(s):
Mon - Fri.
8:00 a.m. - 9:00 a.m.
Mon - Thurs
5:30 p.m. - 6:30 p.m.

Location:
Gonzalez Park
34 Tony Gonzalez
Drive

Date(s) & Time(s):
Mon, Wed & Fri.
5:30 p.m. - 6:30 p.m.

Contact: Belinda
(956) 459-8431

Location:
Memoria del Cordero
Church 1033 N.
Minnesota

Date(s) & Time(s):
Mon., Wed & Fri.
9:00 a.m. - 10:00 a.m.
Low impact class

Location:
BSD Gym*
(we/Press center)
708 Palm Blvd.
in BSD

Date(s) & Time(s):
Mon. - Thurs.
12:00 p.m. - 1:00 p.m.
5:30 p.m. - 6:30 p.m.

Location:
Oliveira Park
104 E El Paso Rd.

Date(s) & Time(s):
Mon. - Thurs
8:30 a.m. - 9:30 a.m.

Location:
Buen Pastor Church
2645 Tulip St.

Date(s) & Time(s):
Mon. - Thurs.
9:00 a.m. - 10:00 a.m.

Location:
1419 Taylor Str.
Housing Authority

Date(s) & Time(s):
Mon., Wed., Fri.
5:45 p.m. - 6:45 p.m.

Contact: Mina
(956) 755-0612

Location:
Bob Clark Social Service
Center (Browne),
9901 California Rd.

Date(s) & Time(s):
Zumba
Tue., Thurs.
8:30 a.m. - 9:30 a.m.

Contact: Teresita
(956) 551-2704



ON TELEVISION: Be sure to catch our segments on the Buenos Dias Program, 8:00 a.m. on channel Valleyvisión



ONLINE: www.tusaludsicuenta.org | CONTACT US: (956) 755 - 0680

CONNECT WITH US!



Susana was diagnosed with diabetes six years ago, and the first three years she was in denial.

"I admit I wasn't emotionally ready to acknowledge I had diabetes."

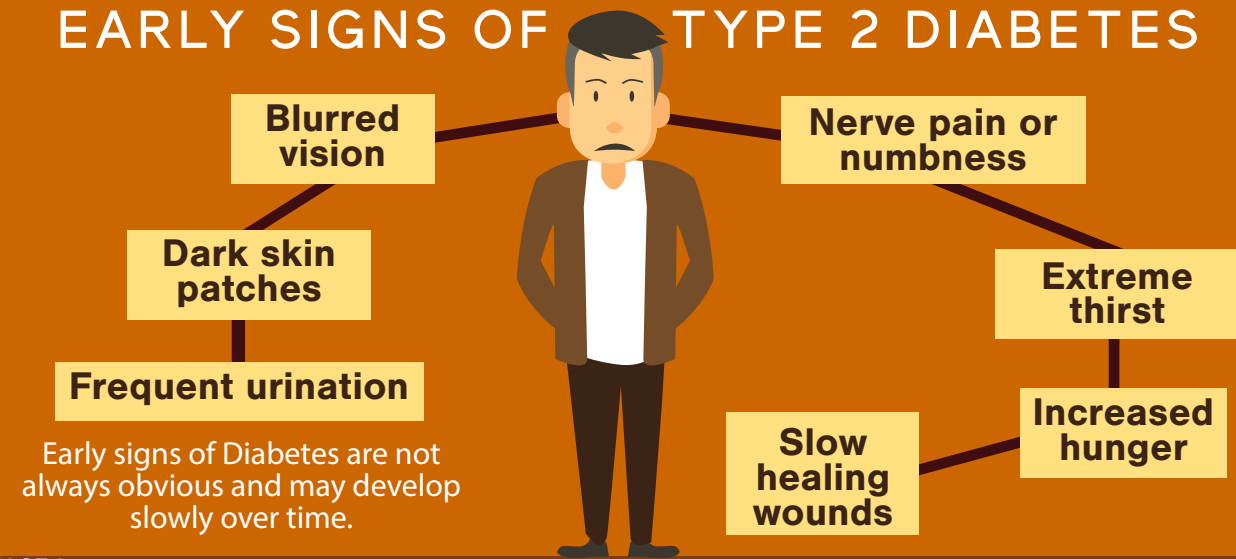
The symptoms were there but she convinced herself they were just headaches. Eventually, she started taking the medication the doctor gave her and began to eat healthier.

"My doctor recommended I work on consistently making healthy food choices and begin to exercise regularly."

Susana has been exercising daily and doing her best to eat healthier foods for almost two years now, able to control her diabetes with lifestyle change and now off medication. And a side benefit has been weight loss.

"I've lost 14 pounds and feel so much better. When I was heavier I felt tired all the time. I wasn't motivated to do anything and spent all my free time laying around. Now I have energy to play with my grandkids!"

EARLY SIGNS OF TYPE 2 DIABETES



HEALTHY RECIPE: TURKEY TACO LETTUCE WRAPS



Source: Cooking Classy

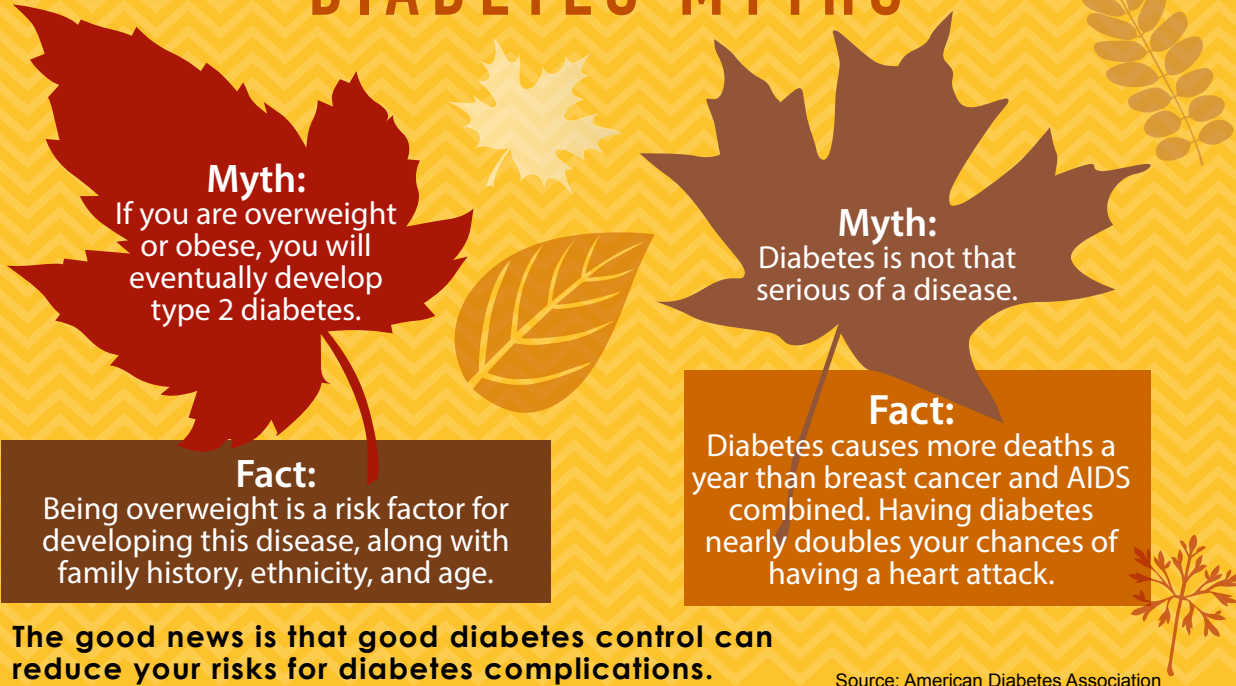
INGREDIENTS:

- | | |
|---|---|
| 2 1/2 cups of shredded cooked turkey breast (12 ounces) | 1/4 cup of dried tart cherries |
| 1 cup of chopped green apple (1 large) | 1/2 cup of light sour cream |
| 1/2 cup of chopped celery (1 stalk) | 2 tablespoons of lemon juice |
| 1/2 cup of chopped walnuts, toasted | 1/4 teaspoon of kosher salt |
| 1/2 cup of sliced green onions (4) | 1/4 teaspoon of freshly ground black pepper |
| 1/2 cup of snipped fresh Italian (flat-leaf) parsley | 12 butterhead (Boston or Bibb) lettuce leaves |
| 1/2 to 1 teaspoon of hot pepper sauce | |

PREPARATION:

1. In a large bowl, combine turkey, apple, celery, walnuts, green onions, parsley and cherries.
2. In a small bowl, stir together sour cream, lemon juice, hot sauce, salt and pepper. Add the sour cream mixture to the turkey mixture; stir until well mixed.
3. Divide turkey mixture among lettuce leaves, spooning turkey mixture into the center of each leaf. Fold the bottom edge of each lettuce leaf up and over the filling. Fold opposite sides in and over filling. Roll up from the bottom.

DIABETES MYTHS



Source: American Diabetes Association