



2018 Madera County Type 2 Diabetes Resource List

IN-PERSON DIABETES EDUCATION									
NAME	AGENCY	CITY	PHONE	COST	TYPE	TARGET	LANGUAGE	DESCRIPTION	
1	Diabetes - Be In Charge!	Cal Viva Health www.CalVivaHealth.org	Madera County	1-800-804-6074	Free to Cal Viva Health members	In-person or Phone	General	English/Spanish	Educational materials and phone messages. Includes information regarding medicines, nutrition, and screening tests. Call agency to be enrolled.
2	Project Dulce	Project Dulce	Madera	559-664-4123	FREE	In-person/5 Sessions	Adults with diabetes and hypertension	English/Spanish	Educational sessions take place at Camarena Health clinic and Madera Community Hospital.
3	Project Dulce Support Groups	Project Dulce	Madera	559-664-4123	FREE	In-person/monthly	Adults with type 2 diabetes	English/Spanish	Spanish support groups every 3rd Monday of the week from 5:30-6:30pm and English support groups every 4th Monday of the week from 5:30-6:30pm.
4	Promotora In-Home Education	Camarena Health www.camarenahealth.org	Madera	559-479-4551	FREE	In-person	General	English/Spanish	Home visits with a trained Community Health Worker to help participants better understand and manage their diabetes.
WEB-BASED DIABETES EDUCATION									
5	Diabetes Educator Directory	Diabetes Educators Directory http://www.diabetescare.net/directory	N/A	N/A	FREE	Web-based	General	English	Diabetes Educator Directory for the state of California.
6	Fresno Diabetes	Fresno Diabetes Collaborative fresnodiabetes.org	N/A	1-800-342-2383	FREE	Web-based	General	English	Free online diabetes information and additional resources.
7	Living with Type 2 Diabetes Program	American Diabetes Association http://www.diabetes.org	N/A	N/A	FREE	Web-based	General	English	Free 12-month online program that includes 5 informational packets and recipes.
8	Tools and Resources for People Living with Diabetes	American Association of Diabetes Educators https://www.diabeteseducator.org/p	N/A	N/A	FREE	Web-based	General	English/Spanish	Free online diabetes information and additional resources available in English and Spanish.
NUTRITION ASSISTANCE									
9	Community Food Bank	Madera Community Food Bank www.communityfoodbank.net	Central Valley	559-237-3663	FREE	In Person	General	English / Spanish	Resource for those in need of food assistance. Call agency for information regarding programs offered, eligibility requirements, and free food distribution locations and dates.
10	Senior Meals on Wheels	Senior Nutrition Program	Madera	559-661-5495	FREE	In Person	General	English/Spanish	Assist low-income homebound age 60+ seniors to receive nutritious meals. Individuals must meet eligibility
PHYSICAL ACTIVITY									
11	Bailoterapia	Community Health Workers John Wells Center/Lions Park	Madera	559-598-1952	FREE	In Person	General	English / Spanish	Mondays, Wednesdays, and Fridays at 8:30-10:00AM. Call for more details and current location.
12	Dance Fitness	John Wells Center	Madera	559-661-5495	FREE	In Person	General	English / Spanish	Tuesdays/Thursdays at 6:00PM at John Wells Center.
13	Fit Republic	Fit Republic www.citizenoffit.com	Madera	559-675-9970	\$	In Person	General	English/Spanish	Fitness club offering exercise classes. Call for accurate pricing information.
14	Crossfit Madera	Crossfit Madera 1920 Modoc St	Madera	559-395-4675	\$\$	In Person	General	English/Spanish	Fitness club offering exercise classes. Call for accurate pricing information.
15	Valley Forged Strength and Conditioning	Valley Forged Strength and Conditioning 16554 Road 26A	Madera	559-416-7038	\$\$	In Person	General	English/Spanish	Fitness club offering exercise classes. Call for accurate pricing information.
16	Gladiator Fitness	Gladiator Fitness	Madera Outdoor	559-363-0079	\$	In Person	General	English	Fun outdoor circuit training/boxing. Call for accurate pricing information and current location.
17	Evolution Strength & Conditioning	Evolution Strength & Conditioning	Madera	559-479-4267	\$	In Person	General	English	Fitness club offering exercise classes. Call for accurate pricing information.
18	Mad Fitness	Mad Fitness	Madera	559-517-4383	\$	In Person	General	English/Spanish	Fitness club offering exercise classes. Call for accurate pricing information.

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HEALTH SCREENING									
19	Diabetes Screenings Incentive Program	Cal Viva Health www.CalVivaHealth.org	Madera County	1-888-893-1569	Free to Cal Viva Health members	In Person	General	English/Spanish	Receive a \$50 gift card for having your yearly diabetes tests and sending the completed screening form to CalViva Health.
20	FHS-Medical Center Chowchilla Family Health Services-Madera	285 Hospital Drive (Chowchilla) 1210 East Almond Avenue (Madera)	Chowchilla Madera	559- 675-5530	Low-income and uninsured	In Person	General	English/Spanish	Medicare/ Medi-cal/Most insurances/sliding fee for uninsured For more information, please call the clinic.
21	Blood Pressure Monitoring	Walgreens/Walmart/Rite Aid/CVS	Madera Chowchilla Oakhurst	N/A	FREE	In Person	General	English/Spanish	Free blood pressure monitoring.
COUNSELING SERVICES									
22	Mental Health America	www.mentalhealthamerica.net	Online	703-684-7722 Toll Free 800-969-6642	FREE	Web based/ Text	General	English/Spanish	Free online mental health screening tools. Crisis Text line 741741 Text:MHA.
23	Camarena Health	344 E. 6th Street	Madera	559-664-4000	Co-pay	In Person	Camarena Health Patients	English/Spanish	Call for insurance coverage.
24	CalViva Health	www.calvivahealth.org	California	1-888-893-1569	CalViva Health	Phone Call	CalViva Health Members	English/Spanish	Members can call the Health Education Information Line: 1-800-804-6074.
25	Anthem Blue Cross	www.anthem.co/ca/	California	1-800-333-0912	Co-pay	Phone Call	Anthem Blue Cross Members	English/Spanish	Members must call and check their individual health plan coverage for counseling services.
SHARPS DISPOSAL									
26	Madera County Fire Department (Station #7)	200 S Schnoor Ave, Madera, CA 93638	Madera	559-661-5499	FREE	In Person	General	English/Spanish	Open 24 hours near Town & Country park. It is the big red box but must be small enough to fit into the container.
27	Madera Police Department	330 S C St, Madera, CA 93638	Madera	559-675-4200	FREE	In Person	General	English/Spanish	Open 24 hours.
28	Madera County Fire Department (Station#19)	35141 Bonadelle Ave, Madera, CA 93636	Madera Ranchos	559-645-1399	FREE	In Person	General	English/Spanish	Located in Madera Ranchos.

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This list is intended for the general public information on type 2 diabetes resources and does not reflect the promotion of any program or organization by the Madera County Public Health Department.

For more information, please call the Madera County Public Health Department at: 559-675-7893