

HealthForMe

Self-Management Classes

Diabetes Self-Management Program

**Healthy
Aging
Begins
With
You!**



Diabetes Self-Management Program

These evidence-based workshops help with chronic health concerns such as **diabetes**. Family members and caregivers can also participate.

Does the Program replace existing programs and treatments?

- The program does not conflict with existing programs or treatment.
- Treatment is not altered.
- For medical questions, participants are referred to their physicians or diabetes educators.
- If the content of the workshop conflicts with instructions participants receive elsewhere, participants are advised to follow their physicians' orders and discuss discrepancies with the physician.



HealthForMe is supported by United Way of Tarrant County and its Area Agency on Aging.

Learning Benefits:

- Supportive environment where people share similar concerns and problems
- Tips for managing health concerns
- Tools to help you take charge of your symptoms
- Learn how to eat healthy, stay active, handle stress, and talk with health providers
- Create a step-by-step plan to live a healthier life

Free Sessions:

- Meet once a week for six weeks
- Snacks
- Interactive discussions
- *Living a Healthy Life with Chronic Conditions* book
- Relaxation CD



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What are self-management workshops? *HealthForMe* workshops were developed by Stanford University to help persons cope more effectively with **Diabetes** health conditions and to live a healthy life.

What subjects are covered in the workshops? Subjects covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration;
- Appropriate exercise for maintaining and improving strength and endurance and Healthy eating.
- Appropriate use of medication and working more effectively with health care providers.
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.
- Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

How long are the workshops? The workshop program is offered in a series of six weekly sessions. Each session is two and one-half (2.5) hours long.

Who can attend the workshops? Any adult in Tarrant County, who has diabetes, is at risk for diabetes, or is a caregiver for someone with diabetes.

Where are the workshops offered? *HealthForMe* workshops are offered at various organizations throughout Tarrant County, including hospitals, faith-based communities, senior centers. These free workshops are made possible through funding from United Way and Area Agency on Aging of Tarrant County, and through support from Tarrant County Public Health and Texas Health Resources.

How many people are in each workshop? The workshop size is between 10 and 20 participants, plus two group leaders.

How much are the classes? Workshops are provided free of charge through funding from the United Way and Area Agency on Aging of Tarrant County.

Where can I learn more about this program? For more information about, **Diabetes Self Management Program** workshops in the area, contact:



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