



# HealthForMe

## Self-Management Classes

Feel better.

Be in control.

Do what you want to do.

Manage your health.

<p><b>July 6-August 10, 2017</b> Thursdays, 9:30 AM-12:00 PM</p>	<p><b>Texas Health Arlington</b> 810 W. Randol Mill Road McRae Building C6 Arlington, TX 76012 <b>1-877-THR-WELL (1-877-847-9355)</b></p>
<p><b>July 12-August 16, 2017</b> Wednesdays, 9:30 AM-12 PM</p>	<p><b>Watauga Senior Center</b> 7901 Indian Springs Road, Watauga, TX 76148 <b>817-514-5892 Vickie</b></p>
<p><b>July 12-August 16, 2017</b> <b>Wednesdays 2:00 PM-4:30 PM</b></p>	<p><b>Pleasant Mt. Gilead Missionary Baptist Church</b> 5312 Houghton Ave, Fort Worth, TX 76107 <b>817-980-1225 Linda</b></p>
<p><b>July 13-August 17, 2017</b> Thursdays, 10:00 AM - 12:30 PM</p>	<p><b>Texas Health Southwest</b> 6720 John Ryan Drive CE Building Fort worth, TX 76123 <b>1-877-THR-WELL (1-877-847-9355)</b></p>
<p><b>August 2-September 6, 2017</b> Wednesdays, 10:30 AM-1:00 PM</p>	<p><b>St. Andrews United Methodist Church</b> 522 Missouri Ave Fort Worth, TX 76104 <b>817-292-2904 Barbara</b></p>
<p><b>September 8-October 13, 2017</b> Fridays, 2:00 PM-4:30 PM</p>	<p><b>Blessing Court</b> 3100 Blessing Court Bedford, TX 76021 <b>817-540-1275 Melissa or Brittany</b></p>
<p><b>September 13-October 18, 2017</b> Wednesdays 1:00 PM-3:30 PM</p>	<p><b>Southwest Community Center</b> 6300 Welch Ave Fort Worth, TX 76133 <b>817-392-7613 Nicole</b></p>
<p><b>September 21-October 26, 2017</b> Thursdays, 1:30 PM-4:00 PM</p>	<p><b>First Presbyterian Church of Fort Worth</b> 1000 Penn Street Fort Worth, TX 76102 <b>817-946-1125 Mary Kay</b></p>
<p><b>October 3- November 7, 2017</b> Tuesdays, 1:00 PM-3:30 PM</p>	<p><b>Texas Health Arlington</b> 810 W. Randol Mill Road McRae Building C6 Arlington, TX 76012 <b>1-877-THR-WELL (1-877-847-9355)</b></p>

\*Examples of chronic conditions include heart disease, high blood pressure, COPD, diabetes, anxiety, depression, fibromyalgia, cancer, obesity.

**October 4-November 8, 2017**  
Wednesdays, 1:00 PM - 3:30 PM

**Texas Health Southwest**  
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Fort worth, TX 76123  
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