



HealthForMe

Self-Management Classes

Feel better. Be in control. Do what you want to do. Manage your health.

<p>Chronic Disease Self-Management February 28-April 4, 2018 Wednesdays, 1:00 PM-3:30 PM</p>	<p>Villages at Johnson Creek 815 Senior Creek Drive Arlington, TX 76010 To register call (817) 226-8800</p>
<p>Diabetes Self-Management March 7-April 11, 2018 Wednesdays, 2:00 PM-4:30 PM</p>	<p>Pleasant Mt. Gilead Missionary Baptist Church 5312 Houghton Ave Fort Worth, TX 76107 To register call (817) 980-1225</p>
<p>Chronic Disease Self-Management March 12-April 23, 2018 Mondays, 9:30 AM-12:00 PM</p>	<p>Bedford Senior Center 2817 Hurt Parkway Road Bedford, Texas 76021 To register call (817) 952-2326</p>
<p>Diabetes Self-Management April 3-May 8, 2018 Tuesdays, 2:30 PM-5:00 PM</p>	<p>Aids Outreach Center AOC 400 North Beech Street Fort Worth, TX 76111 To register call 817-916-5220</p>
<p>Chronic Disease Self-Management April 5-May 10, 2018 Thursdays, 1:00 PM-3:30 PM</p>	<p>The Magnolia 709 Magnolia Street Arlington, TX 76012 To register call (817) 261-0608</p>
<p>Chronic Disease Self-Management March 20-April 24, 2018 Tuesdays, 1:00 PM-3:30 PM</p>	<p>The Link, Richland Hills 6750 Baker Blvd Richland Hills, TX 76118 To register call (817) 616-3738</p>
<p>Chronic Disease Self-Management March 21-April 25, 2018 Wednesdays, 10:00 AM-12:30 PM</p>	<p>Redeemer Lutheran Church 4513 Williams Road (North Benbrook) Fort Worth, TX 76116 To register call (817) 560-0032</p>
<p>Chronic Disease Self-Management April 9-May 14, 2018 Mondays 9:00 AM-11:00 AM</p>	<p>White Settlement Activity Center 8211 White Settlement Road White Settlement, TX 76108 To register call (817) 246-6619</p>

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

<p>Chronic Disease Self-Management April 10-May 10, 2018 Tuesdays, 9:00 AM-11:30 AM</p>	<p>Como Activity Center 4900 Horne Street Fort Worth, TX 76107 To register call (817) 871-5030</p>
<p>Chronic Disease Self-Management April 30-June 11, 2018 Mondays, 9:30 AM-12:00 PM</p>	<p>Bedford Senior Center 2817 Hurt Parkway Road Bedford, Texas 76021 To register call (817) 952-2326</p>
<p>Chronic Disease Self-Management May 10-June 14, 2018 Thursdays, 1:00 PM-3:30 PM</p>	<p>Villas On Bear Creek 8009 Davis Blvd. North Richland Hills, TX 76182 To register call Debbie Welker 817-498-1650</p>
<p>Chronic Disease Self-Management May 16-June 20, 2018 Wednesdays, 10:00 AM-12:30 PM</p>	<p>Zion Missionary Baptist Church 4100 Horne Street Fort Worth, TX 76107 To register call (817) 737-6264</p>
<p>Chronic Disease Self-Management May 17-June 21, 2018 Thursdays, 9:00 AM-11:30 PM</p>	<p>Diamond Hill Activity Center 1701 NE 36th Street Fort Worth, TX 76106 To register call (817) 625-1525</p>
<p>Chronic Disease Self-Management June 4-July 9, 2018 Mondays, 9:30 AM-12:00 PM</p>	<p>Mansfield Senior Lifestyles 106 S. Wisteria Mansfield, TX 76063 To register call (817)-728-3680</p>
<p>Chronic Disease Self-Management June 7-July 12, 2018 Thursdays, 1:30 PM-4:00 PM</p>	<p>Brookdale Broadway Cityview 5301 Bryan Irvin Road Fort Worth, TX 76132 MPR Room To register call Debi Collins (817) 294-2280</p>
<p>Diabetes Self-Management Sept. 9-Oct. 18, 2018 Thursdays, 10:00AM-12:30 PM</p>	<p>Tarrant County College South 5301 Campus Drive Fort Worth, Texas 76119 To register call Bob McCoy 817-515-4617</p>
<p>Chronic Disease Self-Management Sept. 20-Oct. 25, 2018 Thursdays, 10:00AM-12:30 PM</p>	<p>Tarrant County College South 5301 Campus Drive Fort Worth, Texas 76119 To register call Bob McCoy 817-515-4617</p>