



# HealthForMe

## Self-Management Classes

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

<p><b>Chronic Disease Self-Management</b> February 28-April 4, 2018 Wednesdays, 1:00 PM-3:30 PM</p>	<p><b>Villages at Johnson Creek</b> 815 Senior Creek Drive Arlington, TX 76010 To register call (817) 226-8800</p>
<p><b>Diabetes Self-Management</b> March 7-April 11, 2018 Wednesdays, 2:00 PM-4:30 PM</p>	<p><b>Pleasant Mt. Gilead Missionary Baptist Church</b> 5312 Houghton Ave Fort Worth, TX 76107 To register call (817) 980-1225</p>
<p><b>Chronic Disease Self-Management</b> March 19-April 30, 2018 Mondays, 9:30 AM-12:00 PM</p>	<p><b>Bedford Senior Center</b> 2817 Hurt Parkway Road Bedford, Texas 76021 To register call (817) 952-2326</p>
<p><b>Diabetes Self-Management</b> April 3-May 8, 2018 Tuesdays, 2:30 PM-5:00 PM</p>	<p><b>Aids Outreach Center</b> 400 North Beech Street Fort Worth, Texas 76111 To register call Ashley Flowers (817) 916-5220</p>
<p><b>Chronic Disease Self-Management</b> April 5-May 10, 2018 Thursdays, 1:00 PM-3:30 PM</p>	<p><b>The Magnolia</b> 709 Magnolia Street Arlington, TX 76012 To register call (817) 261-0608</p>
<p><b>Chronic Disease Self-Management</b> March 20-April 24, 2018 Tuesdays, 1:00 PM-3:30 PM</p>	<p><b>The Link, Richland Hills</b> 6750 Baker Blvd Richland Hills, TX 76118 To register call (817) 616-3738</p>
<p><b>Chronic Disease Self-Management</b> March 21-April 25, 2018 Wednesdays, 10:00 AM-12:30 PM</p>	<p><b>Redeemer Lutheran Church</b> 4513 Williams Road (North Benbrook) Fort Worth, TX 76116 To register call (817) 560-0032</p>
<p><b>Chronic Disease Self-Management</b> April 9-May 14, 2018 Mondays 9:00 AM-11:00 AM</p>	<p><b>White Settlement Activity Center</b> 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><b>Chronic Disease Self-Management</b>  April 10-May 10, 2018  Tuesdays, 9:00 AM-11:30 AM</p>	<p><b>Como Activity Center</b>  4900 Horne Street  Fort Worth, TX 76107  To register call (817) 871-5030</p>
<p><b>Chronic Disease Self-Management</b>  April 30-June 11, 2018  Mondays, 9:30 AM-12:00 PM</p>	<p><b>Bedford Senior Center</b>  2817 Hurt Parkway Road  Bedford, Texas 76021  To register call (817) 952-2326</p>
<p><b>Chronic Disease Self-Management</b>  May 10-June 14, 2018  Thursdays, 1:00 PM-3:30 PM</p>	<p><b>Villas On Bear Creek</b>  8009 Davis Blvd.  North Richland Hills, TX 76182  To register call Debbie Welker (817) 498-1650</p>
<p><b>Chronic Disease Self-Management</b>  May 10-June 14, 2018  Thursdays, 12:30 PM-3:00 PM</p>	<p><b>Haltom City Activity Center</b>  5000 Bernice Street  Haltom City, TX 76117  To register call (817)-834-8021</p>
<p><b>Chronic Disease Self-Management</b>  May 16-June 20, 2018  Wednesdays, 10:00 AM-12:30 PM</p>	<p><b>Zion Missionary Baptist Church</b>  4100 Horne Street  Fort Worth, TX 76107  To register call (817) 737-6264</p>
<p><b>Chronic Disease Self-Management</b>  May 17-June 21, 2018  Thursdays, 9:00 AM-11:30 PM</p>	<p><b>Diamond Hill Activity Center</b>  1701 NE 36th Street  Fort Worth, TX 76106  To register call (817) 625-1525</p>
<p><b>Chronic Disease Self-Management</b>  June 4-July 9, 2018  Mondays, 9:30 AM-12:00 PM</p>	<p><b>Mansfield Senior Lifestyles</b>  106 S. Wisteria  Mansfield, TX 76063  To register call (817)-728-3680</p>
<p><b>Chronic Disease Self-Management</b>  June 7-July 12, 2018  Thursdays, 1:30 PM-4:00 PM</p>	<p><b>Brookdale Broadway Cityview</b>  5301 Bryan Irvin Road  Fort Worth, TX 76132 MPR Room  To register call Debi Collins (817) 294-2280</p>
<p><b>Diabetes Self-Management</b>  Sept. 9-Oct. 18, 2018  Thursdays, 10:00AM-12:30 PM</p>	<p><b>Tarrant County College South</b>  5301 Campus Drive  Fort Worth, Texas 76119  To register call Bob McCoy 817-515-4617</p>
<p><b>Chronic Disease Self-Management</b>  Sept. 20-Oct. 25, 2018  Thursdays, 10:00AM-12:30 PM</p>	<p><b>Tarrant County College South</b>  5301 Campus Drive  Fort Worth, Texas 76119  To register call Bob McCoy 817-515-4617</p>