



HealthForMe

Self-Management Classes

Feel better.

Be in control.

Do what you want to do.

Manage your health.

Chronic Condition Self-Management Program & Diabetes Self-Management Program

<p>Diabetes Self-Management January 24-February 28, 2019 Thursdays, 10:00 AM-12:30 PM Lay Leader: Gloria Shepert Lay Leader: TBA</p>	<p>Tarrant County College South 5301 Campus Drive Fort Worth, Texas 76119 To register call 1-877-THR-WELL (1-877-847-9355)</p>
<p>Diabetes Self-Management January 24-February 28, 2019 Thursdays, 5:30 PM-7:30 PM Lay Leaders: Texas Health Resources</p>	<p>Texas Health Azle, HELP Building 108 Denver Trail, Azle, TX 76020 To register call 1-877-THR-WELL (1-877-847-9355)</p>
<p>Chronic Disease Self-Management January 26-March 2, 2019 Saturdays, 11:30 AM-2:00 PM Lay Leader: Sandra Contreras Lay Leader: TBA</p>	<p>Texas Health HEB Fitness Center building 1616 Hospital Pkwy, Bedford, TX 76022 To register call 1-877-THR-WELL (1-877-847-9355)</p>
<p>Chronic Disease Self-Management January 31-March 7, 2019 Thursdays, 10:00 AM-12:30 PM Lay Leaders: Texas Health Resources</p>	<p>Texas Health Azle, HELP Building 108 Denver Trail, Azle, TX 76020 To register call 1-877-THR-WELL (1-877-847-9355)</p>

HealthForMe workshops were developed by Stanford University to help persons cope more effectively with chronic health conditions and to live a healthy life.

*Stanford Patient Education Research Center
is now
Self-Management Resource Center*

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

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