

A Matter of Balance

Class Schedule February 2019



<p>Texas Health Fort Worth 1301 Pennsylvania Ave. Education Center, Classroom D Fort Worth, Texas 76104 To register call 1-877-THR-WELL (1-877-847-9355)</p>	<p>Mondays & Wednesdays February 11-March 6, 2019 9:00 AM-11:00 AM</p>
<p>HEB Fitness Center 1616 Hospital Parkway Bedford, Texas 76022 To register call 1-877-THR-WELL (1-877-847-9355)</p>	<p>Mondays & Wednesdays February 18-March 13, 2019 10:00 AM-12:00 PM</p>
<p>Baylor Scott & White Fort Worth 1350 All Saints Ave. Fort Worth, TX 76104 To register call Josh Medders: (817) 922-1852</p>	<p>Tuesdays February 19– April 16, 2019 9:30 AM-11:30 AM</p>
<p>Tarrant County College South 5301 Campus Dr. Fort Worth, Texas 76119 To register call Bob McCoy (877)-515-4617</p>	<p>Tuesdays February 19– April 16, 2019 10:00 AM-12:00 PM</p>
<p>Como Activity Center 4900 Horne St. Fort Worth, Texas 76107 To register call Karyen Davis (817)-731-5354</p>	<p>Tuesdays February 19– April 16, 2019 9:00 AM-11:00 AM</p>
<p>Medical City Fort Worth 800 8th Ave. Suite 224 Fort Worth, Texas 76104 To register call Vietta Bugsby (817)-347-5892</p>	<p>Tuesdays February 19– April 16, 2019 9:00 AM-11:00 AM</p>
<p>Zion Missionary Baptist Church 4100 Horne St. Fort Worth, Texas 76107 To register call Gloria Marquez (817)-292-1230</p>	<p>Tuesdays February 19– April 16, 2019 10:00 AM-12:00 PM</p>
<p>Park Meadows 2716 Yeager St. Fort Worth, Texas 76112 To register call Mary Hall (817)-451-4304</p>	<p>Tuesdays February 19– April 16, 2019 10:00 AM-12:00 PM</p>



For additional information:
 Contact: Tina Dawson
 Wellness Coordinator
817-413-4949 Ext. 217



UNTHSC Health Pavilion

855 Montgomery St., Room 173
Fort Worth, Texas 76107
To register call Kathleen Camp (817)-735-0402

Tuesdays
February 26– April 23, 2019
9:00 AM-11:00 AM

Linwood Square

3201 Sondra Dr., Media Room
Fort Worth, Texas 76107
To register call Patricia Chambers (817)-332-7276

Tuesdays
February 26– April 23, 2019
9:00 AM-11:00 AM

Forest Hill Activity & Wellness Center

7004 Forest Hill Dr.
Forest Hill, Texas 76140
To register call Melvina Lenton (817)-293-8319

Tuesdays
February 26– April 23, 2019
9:30 AM-11:30 AM

Worth Heights Activity Center

3551 New York Ave.
Fort Worth, Texas 76110
To register call Deierdre Jimerson (817)-392-8722

Tuesdays
February 26– April 23, 2019
10:00 AM-12:00 PM

Golden Choice Adult Day

5415 E. Lancaster Ave.
Fort Worth, Texas 76112
To register call Alicia Byrd (682)-367-0347

Tuesdays
February 26– April 23, 2019
10:00 AM-12:00 PM

Watuga Senior Center

901 Indian Springs Rd.
Watauga, Texas 76148
To register call Vickie Atchley Vickers (817)-514-5892

Mondays
March 4– April 22, 2019
9:30 AM-11:30 PM

Texas Health Arlington Memorial

810 W. Randol Mill Road, McRae Building C7
Arlington, Texas 76012
To register call 1-877-THR-WELL (1-877-847-9355)

Tuesdays & Thursdays
March 5– March 28, 2019
10:00 AM-12:00 PM

United Methodist Church

522 Missouri Ave.
Fort Worth, Texas 76104
To register call Barbara Beaty (817)-292-2904

Thursdays
March 7– April 28, 2019
12:00 PM-2:00 PM

First Baptist Church of Hurst

1801 Norwood Dr.
Hurst, Texas 76054
To register call 1-877-THR-WELL (1-877-847-9355)

Mondays & Wednesdays
March 18–April 10, 2019
10:00 AM-12:00 PM



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Tarrant County Public Health