

Diabetes and Chronic Condition Self-Management Workshops

• *Feel better* • *Be in control* • *Do the things you want to do* • *Manage your health*

Chronic Condition Self-Management
For people with arthritis, heart disease, COPD, fibromyalgia, cancer, obesity, diabetes and other chronic conditions, and their caregivers

Arlington Central Senior Center
At The Claremont

971 E. Sanford Street, **Arlington** 76011
817-303-8716

Thursdays

January 8 to February 12, 2015
10:30 AM to 1:30 PM (Lunch 12 – 12:30 PM)

Christ United Methodist Church

3301 Sycamore School Road, **Fort Worth** 76123
817-346-2400

Wednesdays

January 14 to February 18, 2015
9:30 AM to 12:00 Noon

Forest Hill Senior Center

7004 Forest Hill Drive, **Forest Hill** 76140
817-293-8319

Wednesdays

January 14 to February 18, 2015
9:30 AM to 11:30 AM

Texas Health Resources

Harris Methodist Hospital Alliance

10864 Texas Health Trail, **Fort Worth** 76244
1-877-THR-WELL (1-877-847-9355)

Fridays

January 16 to February 20, 2015
9:00 AM to 11:30 AM

Casa Senior Center

3201 Sondra Drive, **Fort Worth** 76017
817-332-7276

Mondays

February 9 to March 16, 2015
2:00 PM to 04:30 PM

Texas Health Resources

Arlington Memorial Hospital

810 West Randol Mill Road, **Arlington** 76012
1-877-THR-WELL (1-877-847-9355)

Wednesdays

February 25 to April 1, 2015
1:00 PM to 03:30 PM
McRae Building, Classroom C6

Texas Health Resources

Harris Methodist Hospital Southwest

6720 John Ryan Drive, **Fort Worth** 76132
1-877-THR-WELL (1-877-847-9355)

Tuesdays

March 3 to April 7, 2015
1:00 PM to 03:30 PM
Community Health Education Building

Mansfield Senior Center

106 S. Wisteria, **Mansfield** 76063
817-453-5420

Mondays

March 9 to April 13, 2015
10:00 AM to 12:00 Noon

****No participants may join after week 2.***

Texas Health Resources

HEB Hospital

1600 Hospital Parkway, **Bedford** 76022
1-877-THR-WELL (1-877-847-9355)

Fridays
March 13 to April 17, 2015
2:30 PM to 05:00 PM
Conference Room D

Texas Health Resources

Harris Methodist Hospital Southwest

6720 John Ryan Drive, **Fort Worth** 76132
1-877-THR-WELL (1-877-847-9355)

Tuesdays
April 21 to May 26, 2015
1:00 PM to 03:30 PM
Community Health Education Building

Texas Health Resources

Arlington Memorial Hospital

810 West Randol Mill Road, **Arlington** 76012
1-877-THR-WELL (1-877-847-9355)

Thursdays
April 23 to May 28, 2015
9:30 AM to 12:00 Noon
McRae Building, Classroom C6

Diabetes Self-Management

For people with diabetes, at risk of diabetes, and their caregivers

Christ Lutheran Church

4409 Sycamore School Road, **Fort Worth** 76133
817-370-6242

Thursdays
January 22 to February 26, 2015
1:00 PM to 03:30 PM

White Settlement Senior Center

8211 White Settlement Rd., **White Settlement** 76108
817-246-6619

Mondays
February 16 to March 23, 2015
9:30 AM to 11:30 AM

***No participants may join after week 2.**

Visit www.scstc.org for the latest calendar of workshops in your area.

Seating is limited. Register with the listed location or,

Senior Citizen Services | 817-413-4949

Aging & Disability Resource Center of Tarrant County | 1-888-730-2372