



# BETTER CHOICES, BETTER HEALTH

## Diabetes and Chronic Disease Self-Management Workshops

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

Free classes meet for 2 1/2 hours each week for six weeks.

### Diabetes Self-Management Workshops

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

Bluebonnet Village Senior Apartments 3100 Blessing Court <b>Bedford</b> 76021 817-540-1275	<b>Tuesdays,</b> Jan 10 to Feb 14	1:00pm to 3:30pm
Eules Senior Center 300 West Midway Drive <b>Eules</b> 76040 817-685-1670	<b>Tuesdays,</b> Jan 10 to Feb 14	1:00pm to 3:30pm
Hurst Senior Citizens Activity Center 700 Heritage Circle <b>Hurst</b> 76053 817-788-7710	<b>Tuesdays,</b> Jan 17 to Feb 21	10:15am to 12:30pm
Tarrant County College Northwest 4801 Marine Creek Parkway <b>Fort Worth</b> 76179 817-413-4949	<b>Tuesdays,</b> Jan 24 to Feb 28	2:00pm to 4:30 pm
Azle Senior Center ( <i>Emmanuel Building</i> ) 601 Southeast Parkway <b>Azle</b> 76020 817-444-0070	<b>Tuesdays,</b> Feb 1 to Mar 7	9:30am to 11:30am
Park Meadows Apartments 2716 Yeager Street <b>Fort Worth</b> 76112 817-451-4304	<b>Wednesdays,</b> Jan 11 to Feb 15	10:00am to 12:00noon
Tarrant County College South 5301 Campus Drive <b>Fort Worth</b> 76119 817-515-4617	<b>Wednesdays,</b> Jan 25 to Feb 29	1:00pm to 3:30pm
Tarrant County College Trinity River 300 Trinity River Circle <b>Fort Worth</b> 76102 817-515-1003	<b>Thursdays,</b> Jan 26 to Mar 1	9:30am to 12noon
Watauga Senior Center 7857 Indian Springs Road <b>Watauga</b> 76148 817-514-5892	<b>Fridays,</b> Jan 6 to Feb 20	9:30am to 12noon
Northside Inter-Community Agency ( <i>solo en Espanol</i> ) 1600 Circle Park Blvd. <b>Fort Worth</b> 76164 817-626-1102	<b>Fridays,</b> Mar 30 to May 4	9:30am to 12noon

Visit [www.scstc.org](http://www.scstc.org) for the latest calendar of workshops in your area.

**Seating is limited, so please call to register**

with the listed location, Senior Citizen Services 817-413-4949,  
or the Aging and Disabilities Resource Center 888-730-2372 (local)

## Chronic Disease Self-Management Workshops

For people with arthritis, heart disease, COPD, fibromyalgia, cancer, obesity, diabetes and other chronic conditions, and their caregivers

Villas by the Lake 5301 Collett Little Road Fort Worth 76119 817-483-2305	<b>Tuesdays,</b> Jan 17 to Feb 21	10:00am to 12:00noon
Northside Senior Center ( <i>solo en Espanol</i> ) 1100 Northwest 18th Street Fort Worth 76164 817-626-3692	<b>Tuesdays,</b> Jan 24 to Feb 28	9:00am to 11:30am
Lindbergh Parc Senior Apartments 5600 Azle Avenue Fort Worth 76106 817-626-1122	<b>Fridays,</b> Jan 20 to Feb 24	2:00pm to 4:30pm

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