

# Take Control of Your Health at Home

Join us for **FREE** phone-in or Zoom virtual group workshops!



*Funded in part by Texas Health and Human Services  
A program of the North Central Texas  
Council of Governments*



## **Chronic Disease, Diabetes and Chronic Pain Workshops**

### **Each series of six workshops covers:**

- Self-testing (select workshops)
- Exercises
- Dealing with Health Worries
- Healthy Eating
- Dealing with Pain & Fatigue
- Problem-Solving
- And so much **MORE!**

## **Register Today**

**Self-Management Programs**



# **800-272-3921**

Workshops meet once a week, for one hour or two and a half hours, over the course of six weeks.

To get more information please contact: Kim Mathis @ 940-999-1024 or email: [kmathis@nctcog.org](mailto:kmathis@nctcog.org) or go online: [www.nctcog.org/aging-services](http://www.nctcog.org/aging-services)


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## Schedule of Workshops

Each workshop consists of a series of 6 classes done either over the  phone or  via Zoom Virtual. Please plan on attending all sessions to get the full benefit from this program. Please call to start your enrollment process: **Kim Mathis 800-272-3921**  
Space is limited!  
You will receive Self-Management materials when registration is complete.  
Cost: **FREE**

 **Chronic Disease Self-Management Program (Phone) - Registration Deadline: June 9**

Dates	Day	Time	Sessions
June 30 -August 4	Tuesdays	1:00 pm - 2:00 pm	6

 **Diabetes Self-Management Program (Phone) - Registration Deadline: June 24**


Dates	Day	Time	Sessions
July 15 -August 19	Wednesdays	10:00 am - 11:00 am	6

 **Chronic Disease Self-Management Program (Phone) - Registration Deadline: June 25**

Dates	Day	Time	Sessions
July 16 -August 20	Thursdays	10:00 am - 11:00 am	6

 **Chronic Pain Self-Management Program (Virtual) - Registration Deadline: July 1**

Dates	Day	Time	Sessions
July 22 -August 26	Wednesdays	1:00 pm - 3:30 pm	6

 **Diabetes Self-Management Program (Virtual) - Registration Deadline: July 3**

Dates	Day	Time	Sessions
July 24 -August 28	Fridays	9:00 am - 11:30 am	6