



## Tarrant County Public Health

### Division of Chronic Disease Prevention

#### **WHAT CLASSES ARE OFFERED?**

*All programs are FREE, culturally appropriate and can be tailored to address your specific needs.  
Unless noted, all classes are one hour.*

#### **ASTHMA**

Learn what is meant by “asthma triggers” and how to identify changes that can reduce or eliminate the triggers. Find out how to correctly use inhalers and peak flow meters. Leave the class knowing more about how to manage asthma.

#### **DIABETES PREVENTION**

Learn the “basics” about diabetes. This class includes information about how diabetes affects your body, signs & symptoms, risk factors, and ways to help prevent or delay getting diabetes or its complications.

#### **HIGH BLOOD PRESSURE PREVENTION**

Find out what hypertension is, how it affects your body, signs & symptoms, and risk factors. Learn ways to help prevent or delay getting high blood pressure or its complications.

#### **HOW TO TALK TO YOUR DOCTOR**

During this presentation we will discuss “building bridges” between you and your doctor by understanding the doctor’s role and his/her duty to you. In particular, your doctor should communicate important health information to you in a clear and understandable manner. But you can also make a difference through what you say and how you say it.

#### **OVERWEIGHT & OBESITY**

Hear about the current obesity epidemic, some of the causes for this condition, and the consequences of obesity. Learn the different ways overweight/obesity can be measured and explore some of the options for healthy weight loss.

#### **OSTEOPOROSIS PREVENTION**

This class is intended for those who may be at risk for developing this major health problem. Find out about the symptoms and risk factors for bone loss, as well as things you can do to prevent or delay getting it.

#### **PHYSICAL ACTIVITY**

“Move & Groove” is an hour long program designed to teach the basics of exercise and how to get started. This class is filled with fun activities such as hula-hooping, chair dancing and stretching. Participation in the activities is not required and all ages are welcome!

#### **KIDS GROWING HEALTHY**

A program geared toward 5th grade students in Tarrant County. This program offers five free, interactive sessions and a 2 to 3 month follow-up evaluation to identify changes in daily nutrition and physical activity behaviors.

#### **TOBACCO AWARENESS**

Participants learn how tobacco use affects the body. This class is designed to prevent tobacco usage among the Tarrant County Youth. \*This class does not satisfy the court mandated classes for youth offenders.

## WHAT OTHER SERVICES ARE AVAILABLE?

When resources allow, we can provide the following to you or your organization:

**LITERATURE with a Class:** Asthma, Diabetes, Health Disparities, High Blood Pressure, High Cholesterol, Obesity, Prostate Cancer, Tobacco Use

### SCREENINGS

**Provided with a Class:** High Blood Pressure, Overweight & Obesity

**Wellness Programs:** Chronic Disease Self-Management - [selfmanager@tarrantcounty.com](mailto:selfmanager@tarrantcounty.com)  
(817-321-4976) Tobacco Cessation – [smokefree@tarrantcounty.com](mailto:smokefree@tarrantcounty.com)

### For more information

## CONTACT

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