

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

SCREENINGS with a Class:

- High Blood Pressure
- Overweight & Obesity

Contact Information:

Wellness Programs:

selfmanager@tarrantcounty.com

Chronic Disease Self-Management:

selfmanager@tarrantcounty.com
(817-321-4700)

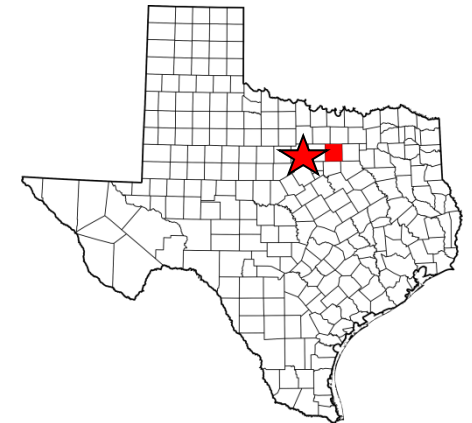
Tobacco Cessation:

smokefree@tarrantcounty.com

Our classes are FREE

Tarrant County Public Health Chronic Disease Prevention Classes

A healthier community through leadership in health strategy



Tarrant County Public Health

Accountability. Quality. Innovation.



A healthier community through leadership in health strategy



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 and are available in person or virtually in English and Spanish.*

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

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

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.

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



Nutrition - Live a More Colorful Life! – An initiative by Tarrant County Public Health to educate consumers about the benefits of incorporating a wide and colorful array of fruits and vegetables into their daily diets.

Move and Groove – In this class, you will learn the basics on how to start a self-guided exercise program. 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!

How to Talk to Your Doctor – Learn how to get the most out of your medical care visits through effective communication and planning. We will discuss the shared responsibilities of a good patient and a good healthcare provider.

Tobacco Awareness – Participants learn how tobacco use affects the body. This class is designed to prevent tobacco usage among Tarrant County youth.

Stress Awareness and Management for Physical Health – Have you ever asked yourself, how can I lessen the stress I am having? This presentation increases awareness of the health and well-being benefits of physical activity as part of our daily lives in the management and reduction of stress.

Weighing on Wellness – Hear about the current obesity epidemic, some of the causes for this condition, and the consequences of obesity. Learn the difference between being overweight or obese.

Alzheimer's Awareness – Our team will discuss the 10 signs of Alzheimer's, as well as provide information to help understand Alzheimer's and Dementia. Our classes are done in conjunction with the Alzheimer's Association.

HealthForMe

Self-Management Classes

Chronic Pain Self-Management and Chronic Disease Self-Management –

These programs has been designed to help people to better manage their chronic pain or other chronic conditions, such as: high blood pressure, heart disease, diabetes, arthritis and many more. It will help you improve your quality of life by developing skills to cope with your condition, improve energy levels and reduce pain. These workshops can be completed as an independent study or in a group setting.

Skin Cancer Prevention – In this class participants will learn about skin and why it is important to keep it healthy. You will also learn about the causes of skin cancer, signs and symptoms, who is at risk of getting it and the steps you can take to prevent it. The presentation will focus on the importance of early detection and will give you a step by step description on how to perform skin self-examinations.



Live Tobacco Free – This free tobacco cessation 4-session workshop will give you the tools you need to reduce and eventually quit using tobacco products.