

Free Online Health Classes for Seniors

Date and Time:

Starting January 11th
10:00 am – 12:00 pm

Location:

Online Zoom Meeting

**CALL NOW TO RESERVE
YOUR SPACE**

Phone: 713.274.5757

Email:

HealthyAging@phs.hctx.net

Learn how to take charge of your health and self-manage your chronic conditions!



Classes Offered:

- Chronic Disease Self-Management
- Chronic Pain Self-Management
- Diabetes Self-Management
- Texercise Select
- A Matter of Balance (Fall Prevention)
- Tai Chi for Arthritis & Fall Prevention

Supportive Services (case management & clinical Support)