

Upcoming Programs

<u>Program</u>	<u>Description</u>	<u>Day</u>	<u>Start Date</u>	<u>End Date</u>	<u>Time</u>	<u>Address</u>	<u>City</u>	<u>Zip Code</u>
DSMP	Diabetes Self-Management	Mondays (Residents)	1/24/2022	2/28/2022	1:30-4:00	Presbyterian Village North	Dallas	75243
DSMP	Diabetes Self-Management	Tuesdays (Members)	2/1/2022	3/8/2022	1:30-4:00	WellMed Redbird Senior Center	Dallas	75237
DSMP	Diabetes Self-Management Virtual	Thursdays	2/3/2022	3/10/2022	1:00-3:30	DSMP at Home	Dallas	75247
DSMP	Diabetes Self-Management	Mondays (Residents)	2/21/2022	3/28/2022	12:30-3:00	Cedar Green Senior Living	Desoto	75115
DSMP	Diabetes Self-Management Virtual	Wednesdays	3/16/2022	4/20/2022	10:00- 12:30	DSMP at Home	Dallas	75247
CDSMP	Chronic Disease Self-Management Virtual	Wednesdays	1/26/2022	3/2/2022	10:00- 12:30	CDSMP at Home	Dallas	75247
CDSMP	Chronic Disease Self-Management Virtual	Thursdays	2/17/2022	3/24/2022	10:00- 12:30	CDSMP at Home	Dallas	75247
CDSMP	Chronic Disease Self-Management	Mondays (Open to Public)	2/21/2022	3/28/2022	9:30-12:00	Tony Shotwell Recreation Center	Grand Prairie	75050
CDSMP	Chronic Disease Self-Management	Tuesdays	3/8/2022	4/12/2022	1:00-3:30	CDSMP at Home	Dallas	75247
CPSMP	Chronic Pain Self-Management Virtual	Thursdays	1/27/2022	3/3/2022	1:00-3:30	CPSMP at Home	Dallas	75247
CPSMP	Chronic Pain Self-Management	Fridays (Open to Public)	2/4/2022	3/11/2022	10:00- 12:30	Rutherford Senior Center	Mesquite	75149
CPSMP	Chronic Pain Self-Management Virtual	Wednesdays	3/2/2022	4/6/2022	10:00- 12:30	CPSMP at Home	Dallas	75247
CPSMP	Chronic Pain Self-Management Virtual	Tuesdays	3/22/2022	4/26/2022	10:00- 12:30	CPSMP at Home	Dallas	75247

AMOB	A Matter of Balance / Falls Prevention	Fridays (Open to Public)	1/14/2022	3/4/2022	10:00-12:00	The Landon at Lake Highlands	Dallas	75238
AMOB	A Matter of Balance / Falls Prevention	Wed. & Fri. (Open to Public)	1/19/2022	2/11/2022	1:00-3:00	Heritage Irving Senior Center	Irving	75060
vAMOB	A Matter of Balance / Falls Prevention	Tue. & Thu.	2/15/2022	3/15/2022	10:00-12:00	AMOB at Home	Dallas	75247
AMOB	A Matter of Balance / Falls Prevention	Thursdays (Residents)	2/17/2022	4/7/2022	10:00-12:00	Mabel Meshack White Manor	Dallas	75212
vAMOB	A Matter of Balance / Falls Prevention	Wed. & Fri.	3/2/2022	3/30/2022	10:00-12:00	AMOB at Home	Dallas	75247
vAMOB	A Matter of Balance / Falls Prevention	Tue. & Thu.	4/5/2022	5/3/2022	10:00-12:00	AMOB at Home	Dallas	75247

<u>Program</u>	<u>Description</u>	<u>Day</u>	<u>Start Date</u>	<u>End Date</u>	<u>Time</u>	<u>Address</u>	<u>City</u>	<u>Zip Code</u>
HOME MEDS	In-home Medication Screening	Postponed COVID-19	Ages 18 or older to help reduce problems with medications					
PEARLS	Program to Encourage Active Rewarding Lives	Available upon Request	Ages 18 or over Depression Intervention					
MEDICATION REVIEW	Medications reviewed by licensed Pharmacist	Available upon Request	2 or more Medications					

*Note: All classes are open to the public. DSMP/CDSMP/CPSMP = Diabetes / Chronic Disease / Chronic Pain Self-Management Program • HOME MEDS postponed. PEARLS & MEDICATION REVIEW AVAILABLE UPON REQUEST. Please call 214-871-5065 for information or visit: www.ccadvance.org/community-wellness. (Rev.12/2021)
Please use this link for registration and interest for self-management programs: <https://www.psychdata.com/s.asp?SID=190344> or AMOB: <https://www.psychdata.com/s.asp?SID=193103>