

It's Time Texas Virtual Health Support Group

It's Time Texas partners with local service providers and organizations to improve participants' and clients' health and wellbeing through programs that promote healthy lifestyles and behaviors. It's Time Texas offers virtual health support groups that include nutrition education in a safe space for participants to talk about their personal health goals and receive the peer support needed to accomplish them. This service is FREE for all participants. Each group will have a maximum of 10 participants and continued participation is encouraged for a total of six sessions.

Thank you for partnering with us and making it possible for Texans to get access to a safe and comfortable space to talk about their health and wellbeing.

WHO CAN PARTICIPATE?

Your organization, community group, work group, church, or family group. Anyone that wants to live a healthier lifestyle is welcome, the only requirement is to be 18 years old or older and live in the state of Texas.

HOW MUCH DOES IT COST?

All services that It's Time Texas provides are FREE of charge. We will never charge you or your insurance provider.

WHAT ARE THE BENEFITS?

Changing your lifestyle is not easy and you should not have to do it alone. Research shows that it is easier to live a healthier lifestyle when you have the social support from those around you. It's Time Texas support groups are designed to provide a safe space for positive social and peer support needed to help be successful and accountable.

WHAT IS A HEALTH SUPPORT GROUP SESSION?

You can expect to share your health goals and receive encouragement from your peers as well as non-judgmental listening and accountability with these goals in your future sessions. The group will be led by our amazing, qualified health coaches who have a wealth of knowledge in chronic illness prevention and maintenance. Most importantly, they will provide you with an empathetic and listening ear to help you accomplish your health goals and get the support and encouragement you need to achieve them.

You can also count on the support, encouragement, and understanding of your peers and fellow support group participants. There is also an invaluable opportunity to make lifelong connections with other people that share a common interest with you on making positive changes to improve their health. In addition, your group may choose from the following educational health topics to receive at the start of your session: Diabetes Management, Self-Care, Healthy Habits, or Physical Activity.

INTERESTED IN LEARNING MORE? Contact lhcoach@itstimetexas.org!

