

**PUT LIFE BACK IN YOUR LIFE!**

Consider a Living Longer Living Stronger

 with Diabetes Workshop.

Are you an adult age 55 or older with an ongoing health condition?

You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Classes starting in the Spring of 2012!

To register or get more information, please call:

**1-580-237-4810 or 800-749-1149**