



Living Longer Living Stronger



WHO SHOULD ATTEND

If you are 60 or older and have a disease such as diabetes, arthritis, high blood pressure, depression, heart disease, chronic pain, anxiety (or if you are a caregiver for someone with these conditions) this training will help you.



WHAT YOU WILL LEARN

The workshop is 2.5 hours a week for six weeks. 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.



CAREGIVER SUPPORT

If you are a full-time caregiver and could use assistance paying an individual (of your choice) to care for your loved one while you attend this event, please contact Robyn Boswell at (405) 271-5700 x47801 or 1-877-441-0434 at least two weeks prior to the training. The Lifespan Respite Grant Voucher Program is funded by the ACL AoA, monitored by DHS Aging Services, & operated by OU Sooner SUCCESS.



MORE INFORMATION

(405) 271-9444 ext. 56410
or (405) 522-3068



A portion of the project costs are met by state and federal Older Americans Act funds from OKDHS Aging Services Division.

WORKSHOP IS FREE

Sign up today! Space is limited to 12 participants and registration is required.



Candle Lake Sr. Center
405-271-9444, X56543, OKC
Starts 03/28/16, 2 pm

Carter County Health Dept.
580-924-5331, Ardmore
Starts 03/07/16, 9:30 am

Chandler Public Library
405-258-2640, Chandler
Starts 03/22/16, 1 pm

Craig County Community Ctr.
918-256-7531, Vinita
Starts 03/08/16, 1 pm

Jack C. Montgomery VA Center
918-756-1883, Muskogee
Starts 06/07/16, 5:30 pm

Kiamichi Technology Center
580-924-5331, Atoka
Starts 04/18/16, 9:30 am

Lawton Public Library
580-585-6612, Lawton
Starts 03/22/16, 2 pm

McCloud Public Library
918-623-8383, McCloud
Starts TBD

Miami Senior Citizens Center
918-540-2481, Miami
Starts 03/09/16, 9 am

Tecumseh Public Library
918-623-8383, Tecumseh
Starts 06/14/16, 2 pm

The Towers
580-335-2163, Altus
Starts 03/01/16, 3 pm

Want more information about diabetes?

[Diabetes Living Longer Living Stronger Workshop Spreadsheet.pdf](#)

Call 405-271-9444, Ext. 56543

03-08-16

