



IT'S TIME FOR HEALTHY LIVING!

Clark County Public Library
Gaier Meeting Room
201 S. Fountain Avenue
Springfield, OH
Thursdays, May 2, May 9,
May 16, May 23, May 30,
June 6
1:00 - 3:30 pm

20%

of your health is determined in the doctor's office, while...

80%

is in your hands! You have a big role to play in your own health & wellness.



Healthy Living with Diabetes workshops provide skills and new habits to help take better control of your health, and keep doing what matters to you most.



6 weeks for a lifetime of opportunities.

Week-by-week, you'll learn what works best for you



You're not alone, but it might feel that way. We can help!



To register or if you have any questions, contact:
Clark County Combined Health District, (937) 390-5600 ext. 293
or email, Isauers@ccchd.com

This program was created by the:

