



IT'S TIME FOR HEALTHY LIVING!

**Springfield Masonic Community
Festival Green Club House
2655 W. National Road
Springfield, OH
Tuesdays, Aug. 27, Sept. 3,
Sept. 10, Sept. 17,
Sept. 24, Oct. 1
9:00 am - 11:30 am**

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. A campus map is on back of this flyer.**

This program was created by the:

