



# IT'S TIME FOR HEALTHY LIVING!

**Clark County  
Combined Health District  
529 East Home Road  
Springfield, OH (Use  
Conf. Room Entrance B)  
Tuesdays 8/26, 9/2, 9/9,  
9/15 (Monday), 9/23, 9/30  
9:30 am - 12:00 pm**

**20%**

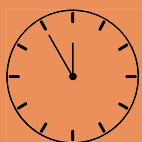
of your health is  
determined in the  
doctor's office, while...

**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](mailto:Isauers@ccchd.com)**

This program was  
created by the: