

Jump into Healthier Living this Spring!



This program was created by the



Healthy Living is funded by the **Older Americans Act**. There is no charge for participants age 60 and older.

Healthy Living with Diabetes

**Clark County Public Library-Northridge Branch Meeting Room
4925 Middle Urbana Road, Springfield, OH
Fridays, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17 Time: 10:30 am - 11:30 am**

- ✔ **This evidence-based program is proven to help older adults better manage Prediabetes or Type 2 Diabetes.**
Weekly meetings give time to build new skills, practice what you learn and share experiences with others - all with time and encouragement to make changes you want to make.
- ✔ **Only 20% of your health is determined by what happens in the doctor's office.**
80% is in your hands! You have a big role to play in your own health and wellness. This workshop is open to all older adults wanting to learn better ways to manage the daily ins and outs of prediabetes or type 2 diabetes.
- ✔ **Excellent information in just one hour each week.**
These are small-group discussions providing authoritative guidance toward addressing needs and concerns of prediabetes and type 2 diabetes.
- ✔ **Don't worry if unable to attend all six weeks, but participants get the most benefit from attending **at least four sessions**. A \$50.00 gift card will be issued to participants who complete 4 out of 6 sessions!**

*Clark County
Combined
Health District*

Call
(937) 390-5600 ext. 293
to register.



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