



Areawide Aging Agency

4101 Perimeter Center Dr., Suite 310
Oklahoma City, OK 73112

405-942-8500 ext 121
www.networkofcare.org
www.areawideaging.org



Feel better.

Be in control.

**Do the things
you want to do.**

Funding for this program is provided in part by a Health Promotion and Disease Prevention grant from the Administration on Aging to the Aging Services Division of Oklahoma Department of Health and Human Services



Aging Services Division
Oklahoma Department of Human Services



**United Way
Partner Agency**



**Find out more about
Living Longer, Living Stronger
Workshops in your area.**

**Call us today for a current list
of workshops!
(405) 420-8712**

**Put Life
Back in
Your Life**






**Join a
LIVING LONGER, LIVING STRONGER
with Chronic Conditions
workshop today!**

Put Life Back Into Your Life.
Consider attending a Living Longer, Living Stronger Workshop.

Are you an adult age 60 or older with an ongoing health concerns? DO you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety?

You'll get the support you need at a Living Longer Living Stronger workshop. The program was developed at Stanford University and is designed to help you find practical ways to deal with pain and fatigue, make better nutrition choices and make exercise a part of your daily routine. You will learn better ways to talk with your doctor and family about your health.

TAKE CHARGE OF YOUR LIFE
Sign Up Now.
Space is Limited.

-  Join a free 2 ½-hour workshop, held each week for six weeks.
-  Learn from trained volunteer leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health—and your life. After attending a workshop, you may want to become a leader.

"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."



To register or get more information, please call:
405-942-8500 ext 121
EMAIL: livinglongerlivingstronger@gmail.com



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."