



Living Longer Living Stronger With Chronic Conditions



Oklahoma State
Department of Health



Feel better.

Be in control.

Do the things
you want to do.

Find out more about
Living Longer, Living Stronger
With Chronic Conditions.



Aging Services Division
Oklahoma Department of Human Services



Living Longer
Living Stronger
With Chronic Conditions

Put Life Back Into Your Life.
Consider a Living Longer, Living Stronger With Chronic Conditions Program.

Are you an adult with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the Living Longer, Living Stronger With Chronic Conditions program can help you take charge of your life.



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



"I want to be as healthy as I can be so I can enjoy my time with my grandchildren."

Sign Up Now.
Spaces Are Limited.



Call (405) 271-9444 ext. 56543 or (405) 522-3068 to inquire about **FREE** upcoming programs.



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.

To register or get more information, please contact:
(405) 271-9444 ext. 56543 or (405) 522-3068



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



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