

Take charge of your life.

If you are struggling with an ongoing health condition, such as diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety, the **Living Longer, Living Stronger with Chronic Conditions Program** can help you take charge of your life.

The Living Longer, Living Stronger with Chronic Conditions Program will give you 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.

Sign up for free training.

Space is limited. Call (405) 271-9444 ext. 56410 or (405) 522-3068 for more information about the Living Longer, Living Stronger Program.

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.



"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 grandchild."



"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."



Space is limited. Call (405) 271-9444 ext. 56410 or (405) 522-3068 for more information about the Living Longer, Living Stronger Program.



Living Longer Living Stronger