



Living Longer Living Stronger



WHO SHOULD ATTEND

If you are 18 or older and have a disease such as diabetes, arthritis, high blood pressure, depression, heart disease, chronic pain, anxiety (or if you are a caregiver for someone with these conditions) this training will help you.



WHAT YOU WILL LEARN

The workshop is 2.5 hours a week for six weeks. 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.



CAREGIVER SUPPORT

If you are a full-time caregiver and could use assistance paying an individual (of your choice) to care for your loved one while you attend this event, please contact Robyn Boswell at (405) 271-5700 x47801 or 1-877-441-0434 at least two weeks prior to the training. The Lifespan Respite Grant Voucher Program is funded by the ACL AoA, monitored by DHS Aging Services, & operated by OU Sooner SUCCESS.



MORE INFORMATION

(405) 271-9444 ext. 56410
or (405) 522-3068



WORKSHOP IS FREE

Sign up today! Space is limited to 12 participants and registration is required.



Comanche County
Health Department

Living Longer Living Stronger With Chronic Conditions Workshop

Date: Tuesday afternoons, March 22- April 26

Time: 2:00 – 4:30 pm

Location: Lawton Public Library
Main Branch
110 SW 4th St.
Lawton, OK 73501

To reserve a space contact:

Sarah Lambaria

Phone: 580-585-6612 or

Email: SarahL@health.ok.gov



Lawton Public Library



02-10-16