



Oklahoma State Department of Health

H. David Lee  
1000 N.E. 10<sup>th</sup> Street  
Room 508  
Oklahoma City, OK 73117

(405) 420-2690



Feel better.

Be in control.

Do the things  
you want to do.

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



Living Longer  
Living Stronger  
With Chronic Conditions



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.

**Sign Up Now.**  
**Spaces Are Limited.**



Call (405) 420-2690 to inquire about FREE upcoming programs.



Learn from trained volunteer leaders with health conditions themselves.

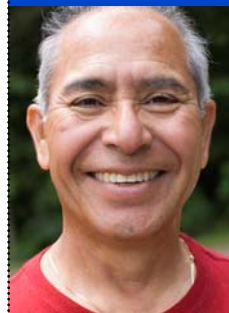


Set your own goals and make a step-by-step plan to improve your health—and your life.

*"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) 420-2690**



*"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."*