



# Want to Feel Better?

## Concerned about...

Obesity • Prediabetes • Diabetes  
Heart Disease • High Blood Pressure  
High Cholesterol • Fear of Falling (65+)

*Join others for a fun health workshop*

## Learn strategies to...

- Improve your health so you can **feel better**
- Help maintain your **independence**
- Be more **active**
- Continue doing the things you **enjoy**

## Find workshops in your area:



**LA Healthline**

**1-800-793-8090**

(Monday-Friday, 8 am-6 pm)

**Tell your family and friends about it, too!**  
**Free or low-cost workshops available.**

Workshops meet the U.S. HHS Administration for Community Living's  
Title IID criteria for evidence-based programs.

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