



Take Control of Your Health!

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:



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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