



# Take Control of Your Health!

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



**LAHealthline**

**1-800-793-8090**

[www.LAHealthline.com](http://www.LAHealthline.com)

# Join others for a fun health workshop

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## Learn strategies to...

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

## Find workshops in your area:



**LA Healthline**

**1-800-793-8090**

**(Monday-Friday, 8 am-6 pm)**

*Free or low-cost workshops available*