

Wheatheart Nutrition Project, Inc.

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www.nodanet.org
www.noda-aaa.org



Feel better.

Be in control.

Do the things
you want to do.

Find out more about
Living Longer Living Stronger
with Chronic Conditions



Put Life Back in Your Life



Living Longer Living Stronger
With Chronic Conditions

The funding for this program was provided in part by grant no. 90AM3113/01 (Living Longer, Living Stronger) to the OKDHS Aging Services Division from the Department of Health and Human Services, Administration on Aging.


Put Life Back Into Your Life.
Consider a Living Longer Living Stronger with Chronic Conditions Workshop.


Are you an adult age 55 or older 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 Workshop can help you take charge of your life.

Sign Up Now.
Spaces Are Limited.

 Join a FREE 2 ½-hour Living Longer Living Stronger with Chronic Conditions Workshop, held each week for six weeks.

 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.



"Managing my health has given me a reason to smile. Every day is a happy day."

"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:
580 - 237 - 4810



"Now I have more energy than I've had in years. I'm calmer and more confident about my health."



"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."