

Lincoln County

OSU Extension Presents:

Live Well With Diabetes

Thursdays @ 6:30 pm

8 week course

Stroud Regional Medical Center

RSVP by March 14th to

Lincoln County Extension Office in

Chandler, 405-258-0560.

Learn about:

Meal planning • Carb Counting • Healthy/Safe Physical Activity • Diabetes Complications • Cooking Demos and More

For more information, contact
Jessica Riggin, Lincoln Co. OSU
Extension (405)258-0560.



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