

# Lincoln County

## OSU Extension Presents:

### Live Well With Diabetes

Thursdays @ 2:00 pm

8 week course starting

January 16, 2019



EXTENSION

Family and  
Consumer Sciences

### Prairie Pointe in Stroud

RSVP by January 10th 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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