



Rx

Managing Chronic Conditions

Name: _____

One-time Health Seminars:

- Myth-Interpretations about Sugar and its Role in the Prevention and Treatment of Diabetes
- Diabetes: Yes, You Can Exercise!
- Fighting Fatigue

Multi-Session Health Workshops:

- Living a Healthy Life with Chronic Disease
- Better Choices, Better Health—Diabetes

Community-Based Exercise:

- ExerStart
- Tai Chi for Arthritis for Fall Prevention
- Better Balance

**To register, find a location,
or for more information,
please contact The Oasis
Institute at:**

**1-855-805-6168 or
314.862.2933 ext. 245
oasisnet.org/stlhealth**





Rx *Managing Falls Risk*

Name: _____

One-time Health Seminars

- Fit for Function
- Free from Falls
- Fighting Fatigue
- Osteoporosis Do's & Don'ts of Everyday Movement
- Standing Tall—Tips for Improving Your Posture

Multi-Session Health Workshops

- A Matter of Balance

Community-Based Exercise:

- ExerStart
- Tai Chi for Arthritis for Fall Prevention
- Better Balance

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