



South Central Medical & Resource Center is teaming up with Julie Selmon, Public Health Educator from Garvin County Health Department, to have a series of healthy living classes. The first class will be Monday, May 14, 2012, from 5:30-6:30 in the SCMRC conference room, 216 S. Main, Lindsay, OK 73052. This class is: *That's*

*just SAD! Our Standard American Diet. Learn important information about how balanced nutrition contributes to health & how to plan healthy meals.*

Light refreshments will be served. Limited seating available, please call Jill @ 405-756-1414 to register for the class or for any questions.

We will have 2 more classes in this series. They will be in July & October. Check back for more details on the upcoming classes by calling or visiting our website:

[www.okscmrc.org](http://www.okscmrc.org)

