

# Free Community Education Class

This class is the 2nd in this series of Healthy Living Classes presented by Julie Selman, Public Health Educator, from Garvin County Health Department.

In this class, Julie will discuss how to read food labels and the importance of food portion control to loose weight and maintain a healthy weight. Obesity is directly linked to health problems such as: hypertension, stroke, heart attack, diabetes & heart disease.

Please come join us and learn tips for healthy living.....  
It just might save your life!

**For more information or to RSVP contact Jill at 405-756-1414**

**WHEN:**  
**MONDAY,**  
**7/30/12**

**WHERE:**  
**216 S. MAIN**  
**LINDSAY, OK**

**TIME:**  
**5:30 - 6:30 P**

