



Oklahoma Disability Resources

Affordable Care Act (ACA)

To get coverage under the ACA, go to <https://www.healthcare.gov/> to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

Aging and Disability Resource Centers/ No Wrong Door

<https://www.n4a.org/adrcs>

<https://www.acl.gov/node/413>

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS' Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (<http://www.hhs.gov/acl/index.html>) (including AoA (<http://www.aoa.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<http://www.cms.hhs.gov/>). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as a "one-stop shops" or "no wrong door" systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling

and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Oklahoma Aging Services Division

www.okdhs.org/

Oklahoma Human Services
2400 N Lincoln Boulevard
Oklahoma City, OK 73105
Phone: 405-521-2281, 800-211-2116 (Info-line)

Oklahoma Association of Area Agencies on Aging (O4A)

<https://www.o4aoklahoma.org/>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/home#gsc.tab=0>

C/O University of Southern California Keck School of Medicine
Department of Family Medicine and Geriatrics
1000 South Fremont Avenue, Unit 22, Building A-6
Alhambra, CA 91803
Phone: 855-500-3537

Email: ncea-info@acl.hhs.gov

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

Assistive Technology

Oklahoma ABLE Tech

<https://www.okabletech.org/>

Oklahoma State University
Seretean Wellness Center
1514 W Hall of Fame
Stillwater, OK 74078
Phone: 405-744-9748, 800-257-1705
Email: abletech@okstate.edu

Our mission is to improve access to and acquisition of assistive technology for individuals with disabilities of all ages.

Southwest ADA Center (Covers Oklahoma)

<http://www.southwestada.org/>

Mailing Address:

TIRR Memorial Hermann-ILRU

1333 Moursund

Houston, TX 77030

Phone: 800-949-4232, 713-797-7171, 713-520-0232 (TTY)

Email: swdbtac@ilru.org

Caregivers Information

Caregiver.com

<https://caregiver.com/>

1871 West Oakland Park Blvd, Suite E

Oakland Park, FL 33311

Phone: 954-893-0550, 800-829-2734

Email: info@caregiver.com

Community Health Centers

Oklahoma Primary Care Association

www.okpca.org

1900 Northwest Expy #1601

Oklahoma City, OK 73118

Phone: 405-424-2282

Email: help@okpca.org

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

Crime Victim Assistance

Safe Horizon's Links for General Crime Victim Resources/Issues

www.safehorizon.org

Phone: 800-621-4673 (24 Hour Hotline)

Domestic Violence Help

National Domestic Violence Hotline

<https://www.thehotline.org/>

Phone: 800-799-7233

National Resource Center on Domestic Violence

<https://www.nrcdv.org/>

Phone: 800-537-2238

Email: NRCDV@nrcdv.org

Easter Seals Offices

Easterseals

<http://www.easterseals.com>

National Office

141 W Jackson Blvd, 1400A

Chicago, IL 60604

Phone: 312-726-6200, 800-221-6827 (Toll-free)

Email: info@easterseals.com

Click on Connect Locally, click on Oklahoma to see if there are any offices in OK
Easterseals offers services to children and adults with disabilities and special needs. The programs Easterseals offers include autism, children's, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Government Offices for Oklahoma

Oklahoma State Website

<http://www.ok.gov/>

Oklahoma Office of Disability Concerns

<https://oklahoma.gov/odc.html>

Physical Address:

Sequoyah Building

2400 N Lincoln Blvd, Room 112

Oklahoma City, OK 73105

Mailing Address:

PO Box 25352

Oklahoma City, OK 73125

Phone: 405-521-3756

Email: odc@odc.ok.gov

Oklahoma Human Services

<https://oklahoma.gov/okdhs.html>

Physical Address:

Sequoyah Memorial Office Building

2400 N Lincoln Blvd

Oklahoma City, OK 73105

Mailing Address:

PO Box 25352

Oklahoma City, OK 73125

Phone: 405-521-3646, 405-522-5050

Oklahoma Department of Rehabilitation Services

<https://oklahoma.gov/okdrs.html>

3535 NW 58th Street, Suite 500

Oklahoma City, OK 73112

Phone: 405-951-3400, 800-845-8476 (Toll-free)

Oklahoma Dept of Rehabilitation Services: Oklahoma Disability Resource Guide

<https://www.okdrs.gov/guide/home>

An online guide offering info on employment, education, assistive technology, financial assistance, housing, transportation, sports and recreation, legal assistance and taxes for people with disabilities.

Oklahoma Human Services: Medicare

<https://oklahoma.gov/okdhs.html>

Mailing Address:

PO Box 25352

Oklahoma City, OK 73125

Phone: 405-521-3679

Oklahoma's Medicaid Agency: SoonerCare

<https://oklahoma.gov/ohca.html>

Oklahoma Health Care Authority

4545 N Lincoln Boulevard

Oklahoma City, OK 73105

Phone: 405-522-7300, 800-987-7767 (Helpline)

The ADvantage Waiver Program

<https://oklahoma.gov/ohca/individuals/programs/lts/advantage-waiver-program.html>

Mailing Address:

PO Box 25352

Oklahoma City, OK 73125-9975

Phone: 918-933-4900, 800-435-4711

The ADvantage waiver program is for the frail elderly and adults with physical disabilities age 21 and over who do not have intellectual disabilities or a cognitive impairment.

Children's Health Insurance Program: SoonerCare

<https://www.insurekidsnow.gov/coverage/ok/index.html>

Phone: 800-987-7767

Oklahoma Insurance Department

<https://www.oid.ok.gov/>

Oklahoma City Office

400 NE 50th St

Oklahoma City, OK 73105

Phone: 405-521-2828, 800-522-0071 (Toll-free)

Tulsa Office

Meridian Tower

5100 E Skelly Drive, Suite 110

Tulsa, Oklahoma 74135

Phone: 918-295-3700

Oklahoma Workers' Compensation Commission

<https://www.wcc.ok.gov/>

1915 N Stiles Ave

Oklahoma City, OK 73105

Phone: 405-522-3222, 855-291-3612 (Toll-free)

Find your **elected officials** to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

<http://www.house.gov/representatives/find/>

<http://whoismyrepresentative.com/>

Oklahoma State LTC Ombudsman

<https://oklahoma.gov/okdhs/services/cap/ombudsman.html>

Bill Whited

PO Box 53159

Oklahoma City, OK 73152

Phone: 405-521-2281

Email: Ombudsman.intake.line@okdhs.org

The Ombudsman Program serves residents in Oklahoma's long-term care facilities, including nursing homes, assisted living and similar adult care homes. An ombudsman helps improve the quality of life and the quality of care available to long-term care facility residents.

Housing

Housing and Urban Development (HUD)

www.hud.gov

451 7th Street SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

211

www.211.org

211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Oklahoma State Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

<https://oksilc.org/>

6108 NW 63rd St

Oklahoma City, OK 73112

Phone: 405-888-0068

Email: smadden@oksilc.org

Independent Living Research Utilization’s Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

<http://www.ncil.org>

Mailing Address:

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961 (Toll-free)

Email: ncil@ncil.org

The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living

Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

Library Services

Oklahoma Library for the Blind and Physically Handicapped

<http://www.library.state.ok.us/>

300 Northeast 18th Street

Oklahoma City, OK 73105

Phone: 405-521-3514, 800-523-0288 (Toll-free), 405-521-4672 (TTY/TTD)

Email: olbph@okdrs.gov

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

www.ChristopherReeve.org/Peer

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@Reeve.org

The Peer & Family Support Program (PFSP) is the Reeve Foundation's national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation's Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

Protection and Advocacy

Oklahoma Disability Law Center

<http://www.okdlc.org>

Oklahoma City Office

5600 N May Ave, Suite 260

Oklahoma City, OK 73112

Phone: 405-525-7755 (V/TDD), 800-880-7755 (V/TDD)

Tulsa Office

5555 East 71st St, Suite 9100

Tulsa, OK 74136

Phone: 918-743-6220 (V/TDD), 800-880-7755 (V/TDD)

Oklahoma Client Assistance Program (CAP)

<https://oklahoma.gov/odc.html>

Oklahoma Office of Disability Concerns

Phone: 405-522-6702 (Voice/TDD), 800-522-8224 (Toll-free)

Service Dogs

A New Leash on Life, Inc.

<http://newleashinc.org/>

Mailing Address:

PO Box 1723

Norman, OK 73070

Phone: 405-224-7715

Therapeutics Service Dogs of Oklahoma

<http://www.therapeutics.org/>

PO Box 471671

Tulsa, OK 74147

Phone: 918-270-4226

Email: info@therapeutics.org

Sports and Recreation

American Therapeutic Riding Center (ATRC)

www.atrcok.org

395 N 177th W Avenue

Sand Springs, OK 74063

Phone: 918-246-9450

Email: deniseatrc@gmail.com

ATRC provides therapeutic riding to individuals with special needs. They are a non-profit organization and a PATH Center Member servicing eight counties in Oklahoma.

The Center for Individuals with Physical Challenges

www.tulsacenter.org

815 South Utica Ave

Tulsa, OK 74104

Phone: 918-584-8607

Email: info@tulsacenter.org

The Center offers programs and activities for health, wellness, fitness, recreation/leisure and adaptive sports.

Riversport: Adaptive Rowing Program

<https://www.riversportokc.org/get-involved/coached-teams/adaptive-rowing/>

800 Riversport Dr

Oklahoma City, OK 73129

Phone: 405-552-4040

Email: info@riversportokc.org

An adaptive kayaking and rowing program is offered through a partnership with INTEGRIS Jim Thorpe Rehabilitation.

Oklahoma Adaptive Sports Association

<https://www.bethanychildrens.org/okasa/>

Bethany Children's Health Center
Donald W Reynolds Complex
6800 NW 39th Expy
Bethany, OK 73008
Phone: 405-789-6711, 405-440-9866 (Specialty Services)
Email: info@bethanychildrens.org

Provides recreation and competition opportunities to people with physical disabilities.

Southwest Wheelchair Athletic Association (SWAA)

<http://www.swaasports.org/>

Email: swaa.wsusa@gmail.com

SWAA is the regional organization for Wheelchair & Ambulatory Sports USA. The regional area includes Arkansas, Louisiana, Oklahoma & Texas. They are a non-profit 501c3 organization that provides sport competition for those individuals with a physical disability.

University of Central Oklahoma: Endeavor Games

<https://www.endeavorgames.org/>

Department of Wellness and Sport
100 N University Drive, Box 99
Edmond, OK 73034
Phone: 405-974-3411
Email: ucoendeavor@uco.edu

The UCO Endeavor Games is a nationally recognized competition that allows all athletes with physical disabilities to participate in a multi-sport event.

United Way Offices

United Way

<http://unitedway.org>

Mailing Address:

701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112

Enter postal code for a United Way office in your area

United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

Veteran Benefits

U.S. Department of Veterans Affairs: Oklahoma Facility Locator

<https://www.va.gov/directory/guide/state.asp?STATE=OK&dnum=ALL>

VA Eastern Oklahoma Health Care: Jack C. Montgomery Dept of VA Medical Center

<https://www.va.gov/eastern-oklahoma-health-care/>

1011 Honor Heights Drive
Muskogee, OK 74401-1318
Phone: 888-397-8387

Oklahoma City VA Medical Center

<https://www.va.gov/oklahoma-city-health-care/>

921 NE 13th Street
Oklahoma City, OK 73104-5007
Phone: 405-456-1000

Paralyzed Veterans of America: Mid-America Chapter

<https://macpva.org/>

6108 NW 63rd Street, Suite A
Oklahoma City, OK 73132
Phone: 405-721-7168
Email: midamericapva@yahoo.com

ALS

The ALS Association National Office

<http://www.alsa.org/>

1300 Wilson Boulevard, Suite 600
Arlington, VA 22209
Phone: 800-782-4747
Email: alsinfo@als.org

The ALS Association: Oklahoma Chapter

<https://www.als.org/support/states/oklahoma>

Phone: 202-464-8825
Email: infoOK@als.org

Brain Injury

Brain Injury Association of Oklahoma

<http://www.braininjuryoklahoma.org/>

PO Box 6181
Edmond, OK 73083-6181
Phone: 918-789-0406

The Brain Injury Association of Oklahoma (BIA-OK) is Oklahoma's foremost advocacy organization for survivors of brain injury. As a non-profit organization, they strive to educate survivors, family members, professionals, and the public about all matters related to brain injury.

Cerebral Palsy

United Cerebral Palsy

<http://www.ucp.org/>

8401 Old Courthouse Road

Vienna, VA 22182
Phone: 800-872-5827, 866-827-1692 (Info & Referral)
Email: info@ucp.org

Ability Connection Oklahoma

<https://www.acok.org/>
10320 S Penn, Ste. 204
Oklahoma City, OK 73159
Phone: 405-759-3562
Email: okc@acok.org

Friedreich's Ataxia

National Ataxia Foundation (NAF)

<http://www.ataxia.org/>
Physical Address:
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Mailing Address:
PO Box 27986
Golden Valley, MN 55427
Phone: 763-553-0020
Email: naf@ataxia.org
Please call them for info in your area

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

<http://gbs-cidp.org/>
Mailing Address:
375 East Elm St, Suite 101
Conshohocken, PA 19428
Phone: 610-667-0131, 866-224-3301 (Toll-free)
Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

<http://www.nationalmssociety.org/>
Phone: 800-344-4867

South Central Chapter of NMSS

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/txh>
Houston Office
1050 N Post Oak
Ste. 240
Houston, TX 77055
Mailing Address:

PO Box 88540
Carol Stream, IL 60188
Phone: 800-344-4867

Multiple Sclerosis Association of America: South-Central Regional Office

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, ext. 137 (Toll-free)

Email: southcentral@mymsaa.org

Covers Oklahoma

MS Support Groups

<http://mymsaa.org/msaa-help/support-groups>

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org/>

National Office

1016 W Jackson Blvd, #1073

Chicago, IL 60607

Phone: 800-572-1717

Email: ResourceCenter@mdausa.org

Oklahoma MDA Care Centers

Integrus Southwest Medical Center

4401 S Western Avenue, Suite 5010

Oklahoma City, OK 73109

Phone: 405-644-5170

Neurology LLPC of Tulsa

1919 S Wheeling Avenue, Suite 707

Tulsa, OK 74104

Phone: 918-747-7517

Post-Polio Syndrome

Post-Polio Health International (PHI)

<http://www.post-polio.org>

50 Crestwood Executive Center, Suite 440

Saint Louis, MO 63126

Phone: 314-534-0475

<https://post-polio.org/wp-content/uploads/2023/09/PDIR-2023.pdf>

Directory lists Health Professionals, Clinics, and Support Groups by state.

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd, Suite 800

Arlington, VA 22209
Phone: 800-621-3141
Email: sbaa@sbaa.org
Please contact them for info in your area

SBA Oklahoma Clinics

<https://www.spinabifidaassociation.org/clinics/>
Oklahoma Children's Hospital OU Health–Pediatric Urology Clinic
1200 N Children's Ave, Suite 7D
Oklahoma City, OK 73104
Phone: 405-271-3800

Spinal Cord Injury

The Sterling Thomas Push Push Pray Foundation

www.pushpushpray.org
9524 E 81st Street, Suite B1617
Tulsa, OK 74133
Phone: 918-250-3709
Email: info@pushpushpray.org

Sterling Thomas Push Push Pray is a 501 (c)(3) foundation with the mission to inspire hope, empower and enrich the quality of life of individuals living with spinal cord injury. They help survivors with responding to and overcoming the many challenges of facing disability providing the knowledge and tools needed to move forward, thrive and adapt to a changed way of life. Their focus is on promoting: Hope, Dignity, Support, Navigation, Education, Quality of Life, Physical Activity, Mobility, Accessibility and Inclusion. They provide small item grants (\$2,000 or less) that promote self-sufficiency, quality of life, recreation and exercise/physical activity.

Stroke

American Stroke Association

<https://www.stroke.org/>
National Center
7272 Greenville Avenue
Dallas, TX 75231
Phone: 888-478-7653
Please contact them for the stroke support group in your area.

Syringomyelia/Chiari Malformation

American Syringomyelia & Chiari Alliance Project

www.asap.org
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079, 800-272-7282 (Toll-free)
Email: info@ASAP.org
Please contact them for local information.

Transverse Myelitis

Siegel Rare Neuroimmune Association

www.wearesrna.org

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962

Philadelphia, PA 19182-6962

Phone: 855-380-3330 (EST)

Please contact them for info in your area.

General Disability Resources

Improving Lives, Inc.

www.improvinglivesnow.org

6216 S Lewis Ave, #102

Tulsa, OK 74136

Phone: 918-613-6051

Email: info@ImprovingLivesNow.org

Improving Lives provides outpatient counseling or case management reimbursement to clinicians for people who cannot afford services due to being uninsured or under-insured. Improving Lives, Inc. offers reimbursement to up to six visits with a clinician or a combination of therapy and case management or other adjunctive services. Improving Lives, Inc. is in the community developing relationships and educating about the disparity in access to mental health care.

Oklahoma Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/ok.htm>

Oklahoma Occupational Therapy Association

<https://okota.tradewing.com/>

PO Box 2602

Oklahoma City, OK 73101

Phone: 405-259-5575

Email: OKOTAoffice@gmail.com

Oklahoma Chapter of the American Physical Therapy Association

www.okpt.org

Mailing Address:

PO Box 5354

Edmond, OK 73083

Phone: 405-562-1280

Oklahoma Association of People Supporting Employment First

www.apse.org

<http://www.ok-apse.org/>

<https://www.facebook.com/okapse/>

Phone: 405-521-3877

Email: info@ok-apse.org

The Oklahoma Developmental Disabilities Council

<https://oklahoma.gov/ddco.html>

PO Box 25352

Oklahoma City, OK 73125-9975

Phone: 405-521-4984

Email: staff@okddc.ok.gov

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence, and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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