

LEARN HOW TO BE A HEALTHIER YOU AT HEALTHY U.

HEALTHY U includes three different community-based workshops that help participants learn strategies to manage their health conditions and feel healthier.

HEALTHY U/CHRONIC DISEASE

is for anyone with a chronic condition—those diseases that are treated but not often cured. We don't discuss any one disease, but the challenges common to anyone managing a long-term health problem.

HEALTHY U/DIABETES is designed for people who want to learn proven strategies for managing type 2 diabetes and pre-diabetes.

HEALTHY U/CHRONIC PAIN

is designed for people who want to learn proven strategies for managing their chronic pain. Weeks 3 through 6 include the Moving Easy Program to gently loosen muscles and joints, and increase circulation.



TOPICS INCLUDE:

- Strategies to deal with stress, frustration, fatigue, pain and depression;
- Using physical activity to maintain and improve strength, flexibility and endurance;
- How to use medications safely and appropriately;
- Better ways to talk with your doctor and your family about your health;
- Using good nutrition to improve health and control symptoms;
- How to evaluate new treatments; and
- Setting and achieving personal goals.

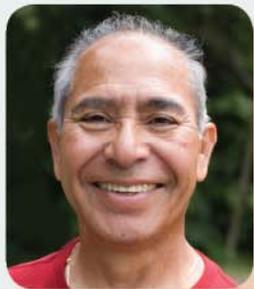
HEALTHY U IS FOR YOU IF:

- You live with long-term health conditions, such as high blood pressure, arthritis, diabetes, lung disease, heart disease, chronic pain, anxiety, depression, etc.
- You feel limited in your daily activities.
- You feel tired, alone or stressed by health problems.
- You are looking for better ways to manage your symptoms.



Healthy U workshops are conducted in your community by people like you who have learned to take control of their health. They are conducted in six weekly, interactive, small-group sessions that focus on the participants' role in managing their own health. Participants who complete the workshop receive a free copy of the companion textbook, *Living a Healthy Life with Chronic Conditions*.

HEALTHY U - BECAUSE IT'S ALWAYS A GOOD TIME TO LEARN HOW TO BE HEALTHY!



HEALTHY U IS PROVEN!

Healthy U is an evidence-based program developed by researchers at Stanford University.

HEALTHY U:

- Gives participants more energy and reduces fatigue;
- Addresses a variety of conditions;
- Leads to fewer emergency room visits and hospitalizations;
- Improves individuals' physical and social activity;
- Improves participants' confidence and well-being; and
- Reduces healthcare spending.

Older Americans Act funding allows us to offer the program at no charge for those 60 and older; others pay a small fee.

Healthy U is brought to you in Ohio by the Ohio Departments of Aging and Health, Ohio's Area Agencies on Aging, and other local partners.



**AVAILABLE IN ALL NINE
COUNTIES OF THE AREA AGENCY
ON AGING, PSA 2 REGION**

**Champaign, Clark, Darke,
Greene, Logan, Miami,
Montgomery, Preble,
and Shelby**

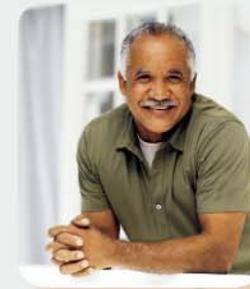
**FOR MORE INFORMATION OR TO
FIND A WORKSHOP NEAR YOU**

937-341-3020

800-258-7277

www.info4seniors.org

Facebook: [healthyuaaa2](https://www.facebook.com/healthyuaaa2)



BE A HEALTHIER YOU!

**Attend an interactive six-week
workshop proven to help people
with ongoing medical conditions
manage symptoms and live
healthier, happier lives.**

