

# 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** 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.

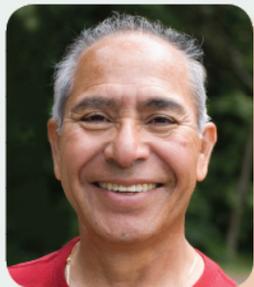
## HEALTHY U IS FOR YOU IF:

- 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;
- Reduces healthcare spending; and

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](http://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.

