



**UNITED
SENIOR SERVICES**
Active Involved Independent

Take control of your pain!

Attend Healthy U

Chronic Pain Self-Management Workshop

Join a free workshop held once a week for 6 weeks



Topics include:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue, and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- How to use medications safely and appropriately

Healthy U is for you if you:

- Have long-term pain or care for someone living with chronic pain
- Are looking for a better way to manage pain
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health or the health of a loved one.

Upcoming Workshop:
Thursdays, May 4 - June 8

1pm to 3:30pm

Senior Citizens Associates Apartments
199 Sunrise Terrace
New Carlisle, OH

**Space is limited, so register
TODAY!**

Contact Barbara Piccone at
937-845-8062 or
bpiccone1@gmail.com

There is no charge for participants who are 60 or older. Healthy U is funded by the Older American's Act. United Senior Services will pay the fee for adults under 60 years of age to attend this workshop.

Donations are welcome.

Complete the workshop and receive a free copy of the companion book and Moving Easy Program CD



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Area Agency
on Aging
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