

# Take control of your pain!

## Attend Healthy U Chronic Pain Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2 and Heartland of Miamisburg

- ◆ The workshop is held **once a week for 6 weeks.**
- ◆ Learn from trained leaders who use **workshop tools** to manage their own pain.
- ◆ **Set your own goals** and make step-by-step plans to improve your health—regaining control of the things that matter to you!

### Topics include:

- ◆ Setting and achieving personal goals.
- ◆ Strategies to deal with pain, stress, fatigue, 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 pain.



Healthy U is funded by the Older Americans Act. **There is no charge for participants who are 60 or older**, but donations are welcome. **All participants under 60 years of age must pay a one-time \$20 fee at Session 1.** Complete the workshop and receive a free copy of the companion book, *Living a Healthy Life with Chronic Pain*, and the *Moving Easy Program* CD.

### Healthy U is for you if you:

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



Area Agency on Aging, PSA 2

### UPCOMING WORKSHOP:

**Fridays, May 26—June 30, 2017**  
9:00 a.m. to 11:30 a.m.

*A light breakfast will be served at 8:30 a.m., compliments of Heartland of Miamisburg.*

Heartland of Miamisburg  
450 Oak Ridge Blvd.

**Space is limited—  
please register TODAY!**

Call Pat at  
Heartland of Miamisburg  
937-866-8885