

Take control of your pain!

Attend Healthy U Chronic Pain Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

- ◆ 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, and Community Health Centers of Greater Dayton is covering the fee for those under 60.

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:
Wednesdays, July 5 — Aug 9
2:00 p.m. to 4:30 p.m.

East Dayton Health Center
2132 E. Third Street

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

Contact Patty Griswold
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