

# Ready to live a healthier life? Attend Healthy U!

## Chronic Disease Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2 and Family Health Services of Darke County

### Learn to better self-manage your health!

- ◆ The workshop is held **once a week for 6 weeks**.
- ◆ Learn from trained leaders who use **workshop tools** to manage their own health conditions.
- ◆ **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:

- ◆ Strategies to deal with stress, fatigue, pain, weight management and depression.
- ◆ Using physical activity to maintain and improve strength, flexibility and endurance.
- ◆ Appropriate use of medications.
- ◆ Communicating effectively with family, friends, and health professionals.



**There is no charge to attend.**

Complete the workshop and receive a free copy of the companion book, *Living a Healthy Life with Chronic Conditions*.

### Consider attending Healthy U if you:

- ◆ Live with long-term health conditions such as arthritis, diabetes, lung disease, high blood pressure, heart disease, chronic pain, anxiety, and depression.
- ◆ Care for someone with a chronic condition.
- ◆ Feel limited in your daily activities.
- ◆ Feel tired, alone, or fearful because of your health conditions.
- ◆ Are looking for better ways to manage your symptoms.



Area Agency on Aging, PSA 2

#### Upcoming Workshop:

**Fridays, Oct 27—Dec 8, 2017**

(No session November 24)

2:00—4:30 p.m.

Family Health  
5735 Meeker Road, Greenville

Use the Pharmacy/Lab entrance and follow signs to the conference room.

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

Call Jane Urlage at

937-547-2319 or email

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