

Ready to live a healthier life? Attend Healthy U!

Chronic Disease Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

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.



Healthy U is funded by the Older Americans Act. There is **no charge for participants who are 60 or older**, but donations are welcome. Those under 60 years of age must pay a one-time \$15 fee at Session 1. 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 chronic conditions.
- ◆ 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:
Tuesdays, Oct 31—Dec 5, 2017

1:00 pm — 3:30 pm

*Complimentary Lunch Offered by
Lane Park at 12:30 pm*

Lane Park
1150 W. Russell Road, Sidney

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

Call Lane Park
and ask for Karen.

937-498-1818