



Be a Healthier You!



Healthy U Diabetes is a free, six week workshop offered by the **Area Agency on Aging** and the **Greene County Council on Aging** that helps participants learn proven strategies to manage Type 2 Diabetes.

Healthy U is for you if you:

- Live with Type 2 diabetes and perhaps other chronic conditions
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your diabetes.

Healthy U workshops are conducted in your community by two trained facilitators. They are held in six weekly, interactive, small-group sessions that focus on ways to better manage your own conditions.



Topics include:

- Setting and achieving personal health goals
- Using good nutrition to improve health and control symptoms
- Strategies to deal with stress, fatigue, pain and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- Using medications safely and appropriately
- Talking with your doctor and your family about your health

Upcoming Workshop

Six weekly sessions—Thursday afternoons

February 1 through March 8*
1:30-4:00pm

* If schools are closed due to weather, class will be canceled and the workshop extended a week.

Xenia Adult Recreation & Services Center
130 E. Church St

There is no charge, but you must register in advance.

Contact Susan Finster at 376-5486 or email
susan.finster@gcco.org

Participants Say

Now I know I'm not alone.

I feel healthier and smarter and more aware of my health.

This workshop showed me I can take control of my future.

**Healthy U — Because it's
always a good time to learn how
to be healthy!**