

Ready to live a healthier life? Attend Healthy U!

Chronic Disease Self-Management Workshop

Offered by Area Agency on Aging, PSA 2 and Preble County Council on Aging

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 this workshop.

Healthy U is funded by the Older Americans Act, and Preble County Council on Aging will pay the fee for adults under 60 years of age. Donations are welcome. 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.
- ◆ 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, Mar 6 — Apr 10
9:30 a.m. to noon

Preble County Council on Aging
800 East St. Clair Street, Eaton

Space is limited — register TODAY!

Call Holly or Stacey at 937-456-4947

OR email

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