



Be a Healthier You!



Healthy U 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 chronic conditions.

Healthy U is for you if you:

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

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 chronic conditions.



Topics include:

- Strategies to deal with stress, fatigue, pain, weight management, and 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 family about your health
- Using good nutrition to improve health and control symptoms
- Setting and achieving personal health goals

Upcoming Workshop

Six weekly sessions—Tuesday afternoons

April 3 through May 8

1:30 - 4:00pm

Yellow Springs United Methodist Church
202 South Winter Street, Yellow Springs

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

Call 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!