

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.



The workshop is open to adults of any age and there is no charge to attend, but advance registration is required.

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

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:

Fridays, April 13—May 18, 2018

1:00 pm — 3:30 pm

*Refreshments Provided Compliments of
Heartland of Kettering*

Heartland of Kettering
Workshop Located in the Internet Café
3313 Wilmington Pike, Kettering

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

Call Heartland and ask for Katrina,
or email her directly.

937-298-8084

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