

Are you ready to live a healthier life? Attend Healthy U!

Healthy U includes three different community-based workshops that help participants learn strategies to manage their health conditions and feel healthier.

Healthy U/chronic disease

is for anyone with a chronic condition—those diseases that are treated but not often cured. We don't discuss any one disease, but the challenges common to anyone managing a long-term health problem.

Healthy U/diabetes

is designed for people who want to learn proven strategies for managing type 2 diabetes and pre-diabetes.

Healthy U/chronic pain

is designed for people who want to learn proven strategies for managing their chronic pain. Weeks 3 through 5 include the Moving Easy Program to gently loosen muscles and joints, and increase circulation.



Topics include:

- Strategies to deal with stress, frustration, fatigue, pain 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 your family about your health;
- Using good nutrition to improve health and control symptoms;
- How to evaluate new treatments; and
- Setting and achieving personal goals.

Healthy U is for you if:

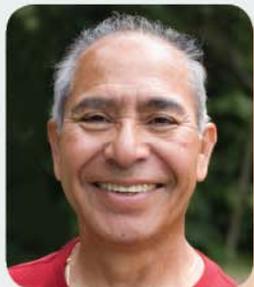
- You live with long-term health conditions, such as high blood pressure, arthritis, diabetes, lung disease, heart disease, chronic pain, anxiety, depression, etc.
- You feel limited in your daily activities.
- You feel tired, alone or stressed by health problems.
- You are looking for better ways to manage your symptoms.



The series of six weekly, interactive, small-group sessions focus on the participants' role in managing their own health. Yes, it is a big time commitment, but when have you ever made lasting change with little effort? It is the weekly sessions and support of those with similar challenges that help Healthy U participants to make and meet their personal health goals.

Learn how to be a healthier you at Healthy U!

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



Healthy U is proven!

Healthy U is an evidence-based program developed by researchers at Stanford University.

Healthy U is proven to:

- Address a variety of conditions;
- Reduce emergency room visits and hospitalizations;
- Reduce healthcare spending;
- Improve physical and social activity;
- Increase energy and reduce fatigue; and
- Improve confidence and well-being.

Workshops are offered free of charge to adults of any age. Participants who complete the course receive a complimentary companion textbook and relaxation CD.

Healthy U is brought to you in Ohio by the Ohio Departments of Aging and Health, Ohio's Area Agencies on Aging, and other local partners.



Available in all
nine counties of the
**Area Agency on Aging,
PSA 2 Region:**

Champaign, Clark,
Darke, Greene, Logan,
Miami, Montgomery,
Preble & Shelby

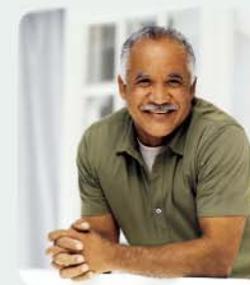
For more information or to
find a workshop near you:

937-341-3000

800-258-7277

www.info4seniors.org

Facebook: [healthyuaaa2](https://www.facebook.com/healthyuaaa2)



BE A HEALTHIER YOU!

Attend an interactive six-week
workshop proven to help people
with ongoing medical conditions
manage symptoms and live
healthier, happier lives.

