



**UNITED  
SENIOR SERVICES**  
Active Involved Independent

# Take control of your pain! Attend Healthy U

## Chronic Pain Self-Management Workshop

Join a free workshop held once a week for 6 weeks



Topics include:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue, and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- How to use medications safely and appropriately

Healthy U is for you if you:

- Have long-term pain or care for someone living with chronic pain
- Are looking for a better way to manage pain
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health or the health of a loved one.

### Upcoming Workshop: Tuesdays, April 24 - May 29

1pm to 3:30pm

Charleston Court Apartments  
101 East Columbus Road  
South Charleston, OH

### Space is limited, so register TODAY!

Contact Cindy Coffman at  
937-323-4948 ext. 209  
ccoffman@unitedseniorservices.org

There is no charge for participants who are 60 or older. Healthy U is funded by the Older American's Act. United Senior Services will pay the fee for adults under 60 years of age to attend this workshop.

Donations are welcome.

Complete the workshop and receive a free copy of the companion book and Moving Easy Program CD

