

# Take control of your pain!

## Attend Healthy U Chronic Pain Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2 and Family Health Services of Darke County

- ◆ The workshop is held **once a week for 6 weeks.**
- ◆ Learn from trained leaders who use **workshop tools** to manage their own pain.
- ◆ **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:

- ◆ Setting and achieving personal goals.
- ◆ Strategies to deal with pain, stress, fatigue, 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 pain.



There is **no charge** to attend this workshop.

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

### Healthy U is for you if you:

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



Area Agency on Aging, PSA 2

### UPCOMING WORKSHOP:

**Fridays, July 13—Aug 17, 2018**

*Sessions begin at 2:00 pm and last about 2 hours.*

Family Health Conference Room  
5735 Meeker Road, Greenville

**Space is limited.  
Please register TODAY!**

Call Jane Urlage at  
937-547-2319 or email  
[jurlage@familyhealthservices.org](mailto:jurlage@familyhealthservices.org)