

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:

Wednesdays, July 25—Aug 29

Sessions begin at 6:00 pm and last about 2 hours. Refreshments provided by Avalon Hospice.

Avalon Hospice
3085 Woodman Drive, Suite 210, Kettering

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

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