

Ready to live a healthier life? Attend Healthy U!

Chronic Disease Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2 and Logan Acres Senior Community

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.



Healthy U is funded by the Older Americans Act. There is no charge for participants who are 60 or older, and Logan Acres Senior Community covers the fee for those under 60 years of age. Donations are welcome. 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.
- ◆ 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, Oct 3—Nov 7, 2018

Sessions begin at 1:30 pm and end no later than 4:00 pm. Refreshments provided by Logan Acres Senior Community.

The Homestead at Logan Acres
2739 County Road 91, Bellefontaine

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

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