



**UNITED
SENIOR SERVICES**
Active Involved Independent

Learn to Better Self-Manage Your Health!

Attend Healthy U

Chronic Disease 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, 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 for you if you:

- Have long-term health conditions.
- Are looking for a better way to manage your symptoms.
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health conditions.
- Want to learn from trained leaders who use the workshop tools to manage their own health conditions.

**Upcoming Workshop:
Wednesdays
January 16 - February 20, 2019
2 to 4:30pm**

New Carlisle Public Library
111 E Lake Avenue
New Carlisle, OH

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

Contact Cindy Coffman at
937-845-2080
ccoffman@unitedseniorservices.org

You can be entered into a drawing to win a **FITBIT**
if you attend at least four sessions including the final session on February 20.

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. Donations are welcome.



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Complete the workshop and receive a free copy of the companion book, *Living a Health Life with Chronic Conditions*.

