

Take control of your pain!

Attend Healthy U Chronic Pain Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

- ◆ Join a free workshop, 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* (includes 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

UPCOMING WORKSHOP:
Mondays, Feb 25—Apr 1, 2019

*Sessions begin at 2:00 pm
and end no later than 4:30 pm.*

Charles I. Lathrem Center
2900 Glengarry Drive, Kettering

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

Call the center at 937-296-2480.
Reference Number: 01-20876 A

Questions? Contact
Ann Finnicum at 937-341-3020.