

Chronic Disease Self-Management Workshop



Examples of Chronic Disease:

Arthritis, Anxiety, Asthma, Bipolar Disorder, Diabetes, Depression, Cancer, CRPS, Epilepsy, Fibromyalgia, Heart Disease, High Blood Pressure, high cholesterol, HIV/Aids, kidney disease, Lung Disease, Lupus, Multiple Sclerosis, Obesity, Schizophrenia, Stroke.

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!

Enter a drawing at each class to receive promotional gifts.

Consider Attending Healthy U if:

- You live with long-term health conditions
- You feel limited in your daily activities.
- You feel tired, alone, or fearful because of your health conditions.
- You are looking for better ways to manage your symptoms.

Participants that attend all 6 classes will receive a \$10 gift card

When and Where:

Recovery Zone Six sessions: Jan 17, 24, 31 and Feb 7, 14, 21 10:00—Noon.

440 E. St. Paris Street, Bellefontaine

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.

Laura Haverkos, Director of Marketing at Logan Acres Senior Community and Healthy U Instructor, can be reached at 937-599-7293 to register for class.

