

Make a Change for the Better



Sign up for Healthy U - A Chronic Disease Self-Management Workshop

This free workshop - held once a week for 6 weeks - provides tools to help manage your symptoms and live your best life.

A Chronic Disease cannot be cured, but CAN be managed. Examples include Arthritis, Anxiety, Asthma, Bipolar Disorder, Cancer, Diabetes, Depression, Epilepsy, Fibromyalgia, Heart Disease, High Blood Pressure, High Cholesterol, HIV/AIDS, Kidney Disease, Lung Disease, Lupus, Multiple Sclerosis, Obesity, Stroke....

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, weight management, difficult emotions.
- Using physical activity to maintain and improve strength, flexibility, endurance.
- How to use medications safely and appropriately.
- Communicating effectively with family, friends, health professionals.

Consider Healthy U if you:

- Live with long-term health conditions or care for someone living with chronic conditions.
- Feel limited in your daily activities.
- Feel tired, alone, or fearful because of your health or the health of a loved one.
- Seek better ways to manage symptoms.

Details

WHEN:

Thursdays, April 4 - May 9, 2019

Sessions begin at **10:00 am** and end no later than 12:30 pm.

WHERE:

Ohio's Hospice Corporate Office
7575 Paragon Rd., Centerville/Washington Twp.
(Barn-shaped building, visible off I-675)

**Space is limited.
Advance Registration
Required**

Contact Karin at
(937) 341-3001 or
knevius@info4seniors.org



Healthy U workshops are offered by the Area Agency on Aging, PSA 2.

(937) 223-HELP

info4seniors.org

(800) 258-7277