



...toward learning to control  
your diabetes & living  
your best life.



## Sign up for Healthy U - A Diabetes 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.

### 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:

- Have diabetes, are at risk for diabetes, or care for a loved one with diabetes.
- Feel limited in your daily activities.
- Feel tired, alone, or fearful because of your health or the health of your loved one.
- Are looking for better ways to manage your diabetes and overall health.

## Details

### WHEN:

**Thursdays, Apr 4 - May 9, 2019**

Sessions begin at **11:30 am** and end no later than 2:00 pm. *Light refreshments will be provided, but a carry-in "brown bag" lunch is suggested.*

### WHERE:

Northwest Recreation Center  
1600 Princeton Drive, Dayton

**Space is limited.**

***Advance Registration Required***

Contact Ann Finnicum

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

(937) 223-HELP

[info4seniors.org](http://info4seniors.org)

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