



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



Sign up for Healthy U - A Chronic Pain 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 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.

Details

WHEN:

Tuesdays, Apr 23 - May 28, 2019

Sessions begin at 1:00pm and end no later than 3:30pm.

WHERE:

Earl Heck Community Center
201 North Main Street, Englewood

Space is limited.

Advance Registration Required

Contact Ryan Kruse

(937) 836-5929

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

(937) 223-HELP

info4seniors.org

(800) 258-7277