

# Make a Change for the Better



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

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

### A chronic disease cannot be cured, but it **CAN** be managed.

Examples include Arthritis, Anxiety, Asthma, Diabetes, Depression, Fibromyalgia, Heart Disease, High Blood Pressure, Kidney Disease, Lung Disease, Lupus, Multiple Sclerosis, and many more.

#### 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 your symptoms.

## Details

#### WHEN:

**Fridays, May 17 through June 21, 2019**

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

#### WHERE:

Family Health Conference Room  
5735 Meeker Road, Greenville

#### Workshop size is limited

and a minimum number of participants is required for the workshop to be held.

#### *Reserve your seat early!*

Contact Jane Urlage at  
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or [jurlage@familyhealthservices.org](mailto:jurlage@familyhealthservices.org)



Healthy U workshops are offered by the Area Agency on Aging, PSA 2 in collaboration with Family Health Services of Darke County.

(937) 223-HELP

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

(800) 258-7277