

# 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:**

**Wednesdays,**

**June 5 through July 17, 2019**

(no session on July 3)

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

#### **WHERE:**

**Urbana Champaign County Senior Center, 701 S. Walnut St., Urbana**

#### **Workshop size is limited**

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

**Reserve your seat early!**

**Call the Senior Center at  
(937) 653-6088, or  
email [uccsc@ctcn.net](mailto:uccsc@ctcn.net)**



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

(937) 223-HELP

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

(800) 258-7277