



**UNITED  
SENIOR SERVICES**  
Active Involved Independent

**Learn to Better Self-Manage Your Health!**

## **Attend Healthy U**

### **Chronic Pain Self-Management Workshop**

Join a free workshop held once a week for 6 weeks



#### **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, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals.

#### **Healthy U is for you if you:**

- Have long-term pain or care for someone living with chronic pain.
- Are looking for a better way to manage pain symptoms.
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health or the health of a loved one.

#### **Upcoming Workshop:**

**Thursdays**  
**August 1 - September 5, 2019**  
**9:30 to 12 Noon**  
**at United Senior Services**  
125 West Main Street, Springfield

**Space is limited, so  
please register TODAY!**

Contact Tracy Wickham at  
937-521-3010  
[twickham@unitedseniorservices.org](mailto:twickham@unitedseniorservices.org)

There is no charge for participants who are 60 or older. Healthy U is funded by the Older American's Act. United Senior Services will pay the fee for adults under 60 years of age. Donations are welcome.

