



...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:

**Wednesdays, Sept. 4 - Oct. 9, 2019**

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

### WHERE:

East Dayton Health Center  
2132 E. Third St., Dayton

### Workshop size is limited

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

**Reserve your seat early!**

**Contact Patty Griswold at  
(937) 528-6850, ext. 2004**



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

(937) 223-HELP

info4seniors.org

(800) 258-7277