

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, Oct. 2 through Nov. 6

Sessions begin at **9:30 am** and end no later than Noon.

Everyone who attends all 6 sessions will receive a surprise gift!

WHERE:

Riverside Senior Lofts
2333 Harshman Road, Dayton

Workshop size is limited

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

Reserve your seat early!

There will be a sign-up sheet on the bulletin board

Or contact Nancy Harris at (937) 813-8153, nharris@smdcd.org



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

(937) 223-HELP

info4seniors.org

(800) 258-7277