



...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:

**Fridays, Oct. 18 - Nov. 22, 2019**

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

#### WHERE:

**Wilson Health**

(Professional Building conference room)  
915 W. Michigan St., Sidney

#### Workshop size is limited

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

**Reserve your seat early!**

Contact Jenny Huelskamp at  
**(937) 498-5540** or  
[jhuelskamp@wilsonhealth.org](mailto:jhuelskamp@wilsonhealth.org)



**WILSON HEALTH**



Area Agency on Aging

Healthy U workshops are offered by the  
Area Agency on Aging, PSA 2.  
**(937) 223-HELP**      [info4seniors.org](http://info4seniors.org)      **(800) 258-**