



United Senior Services presents **Healthy U Workshop**

Take control of your pain! **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, and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- How to use medications safely and appropriately
- Better ways to talk with your doctor and your family about your pain

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
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health or the health of a loved one

Upcoming Workshops:

**Thursdays, November 7, 14, 21,
& December 5, 12, 19**

9:30am - 12 noon

📍 Grayhill Apartments
220 Montgomery Ave, Springfield, OH

Note: Street parking available on
W. Jefferson St.

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

Contact Tracy Wickham at 937-521-3010,
or 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 to attend this workshop. Donations are welcome.



Area Agency on Aging

Complete the workshop and receive a free copy of the companion book and Moving Easy Program CD.



United Senior Services