



Toward 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 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:

Tuesdays, April 7 through May 12

Sessions begin at **11:30 am** and end no later than 2:00 pm.

Bring your own lunch - and arrive at 11:15am to eat before the workshop.

WHERE:

Northwest Recreation Center
1600 Princeton Drive, Dayton

Workshop size is limited

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

Reserve your seat early!

Call (937) 333-3322 or
stop by the center to register.



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

(937) 223-HELP

info4seniors.org

(800) 258-7277