



TAKE A STEP Toward Living Your **BEST LIFE**

Become a *Healthy U* - Learn how to proactively manage your **CHRONIC PAIN** with helpful tools and resources through this free, evidence-based workshop, held once a week for six weeks.

TOPICS INCLUDE:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, weight management, difficult emotions.
- How to use medications safely and appropriately.
- Using physical activity to maintain and improve strength, flexibility, endurance.
- 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.

6 Fridays starting April 10, 2020

**Sessions begin at 9:30am
and end by 12:00 pm**

**125 WEST MAIN STREET
SPRINGFIELD, OHIO**

WORKSHOP SIZE IS LIMITED

Minimum number of participants are required for the workshop to be held.

RESERVE YOUR SEAT EARLY!

Contact Tracy Wickham at (937)521-3010
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