

Chronic Disease Self Management Workshop

Healthy U Chronic is a free, six week workshop that helps participants learn proven strategies to manage chronic conditions. Open to anyone 18 or over who has, or cares for someone who has a chronic condition.



Topics include:

- Strategies to deal with stress, fatigue, pain, weight, and depression
- Using physical activity to improve health
- Using medications safely and appropriately
- Better communication with doctors and loved ones
- Using nutrition to improve health and control symptoms
- Setting and achieving personal goals

Healthy U Chronic is for you if you:

- Live with a long-term health issues: **arthritis, diabetes, heart disease, anxiety, etc.**
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your symptoms

Upcoming Workshop

Six weekly sessions —Thursday afternoons

September 2nd through October 7th

1:00 - 3:30pm

Xenia Community Center
1265 W. Second St, Xenia

There is no charge, but you must register in advance.

**Call Jeff at 376-5486 x 112
or email jeff.s@gcco.org**

Participants Say

Now I know I'm not alone.

I feel healthier and smarter and more aware of my health.

This workshop showed me I can take control of my future.

