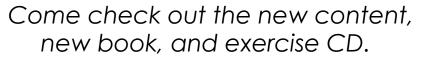
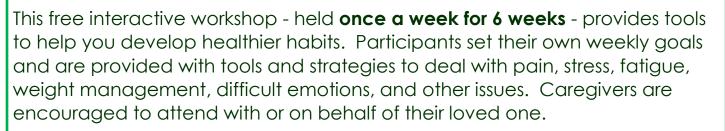
# Join Others Making Healthy Changes

## Sign up for the NEW Healthy U Fully Updated Chronic Disease Self-Management Program





Get the support you need from our skilled and caring leaders, proven tools, and other participants who have similar experiences and challenges.

## 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 many more.

### Details

#### WHEN: Sept 13 through Oct 18, 2021

Sessions begin at 1:00 pm and end no later than 3:30 pm.

#### WHERE:

Preble County Council on Aging 800 East St. Clair Street, Eaton

## Workshop size is limited

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

## Reserve your seat early!

Contact Stacey to register. 937-456-4947 sfullmer@prebleseniorcenter.org



Healthy U is offered by the Area Agency on Aging in - partnership with the Preble County Council on Aging.



CHRONIC DISE

ELA. MANAGEN