

Join Others Making Healthy Changes

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

*Come check out the new content,
new book, and exercise CD.*



This free interactive workshop - held **once a week for 6 weeks** - provides tools to help you develop healthier habits. Participants set their own weekly goals and are provided with tools and strategies to deal with pain, stress, fatigue, weight management, difficult emotions, and other issues. Caregivers are encouraged to attend with or on behalf of their loved one.

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.

