

Healthy U is an evidence-based program developed by researchers at Stanford University open to adults of any age and their caregivers.



Available in all nine counties of the Area Agency on Aging, PSA 2 region: Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble & Shelby

For more information or to find a workshop near you:

937.341.3001 or 800.258.7277

www.info4seniors.org

Scroll and click on Wellness Programs.

Healthy U is brought to you by the Area Agency on Aging, PSA 2 with thanks to our local partners. Funding is from the Older Americans Act administered by the Ohio Department of Aging.



Six Weeks to a Healthier You!

Healthy U is a weekly series of interactive, small-group workshops proven to help people who live with ongoing medical conditions to better manage their symptoms, meet personal health goals, and live healthier, happier lives.

This program addresses a variety of health conditions and concerns and is proven to:

- Help reduce emergency room visits and hospitalizations;
- Reduce health care spending;
- Improve physical and social activity;
- Increase energy and reduce fatigue; and
- Improve confidence and well-being.





Healthy U includes three community-based workshops to help participants learn strategies toward managing their health conditions:

CHRONIC DISEASE

for anyone living with a **chronic condition** - diseases that are treated but not cured. We don't discuss any one disease, but rather the challenges common to everyone managing a long-term health condition.

CHRONIC PAIN

for people seeking strategies to manage their **chronic pain**.

DIABETES

for people seeking methods to help manage or prevent **Type 2 Diabetes**.

Do you or a loved one live with long-term health conditions such as high blood pressure, arthritis, diabetes, lung disease, heart disease, chronic pain, anxiety, depression, or other health concerns?

Do you feel limited in your daily activities?

Do you often feel tired, alone or stressed about your health?

Could you benefit from learning ways to better manage symptoms?

Healthy U is for you!

Are you ready to live a healthier life?

Topics include:

- Dealing with stress, frustration, fatigue, pain and depression;
- **Physical activity** to maintain and improve strength, flexibility and endurance;
- Using **medications** safely and appropriately;
- **Communicating** with your doctors and family about health concerns;
- The impact of **nutrition** on health and control of symptoms;
- Setting and achieving **personal goals** step-by-step.