



Help Improve Lives Become a Healthy U Leader Today!

Leader training will be held
9am-4pm March 7, 8, 10 & 11
Hope Hotel & Conference Center in Fairborn, OH
Registration Deadline: February 4, 2022

Healthy U Leaders -

- Impact people's lives and help them to realize their goals.
- Meet new people while helping them to both improve their days and avoid isolation.
- Join a caring, effective worldwide program of volunteers and professionals.
- Possess a genuine desire to learn and help others.

For more information call **937-341-3001** or email **knevius@info4seniors.org**.

Healthy U is an interactive workshop for people living with one or more chronic health conditions, and/or their caregivers. Chronic conditions include any ongoing health problem or disease such as diabetes, heart disease, arthritis, cancer, depression, COPD, chronic pain, or others.

Healthy U Leaders co-lead at least one workshop per year following an evidence-based script developed by the Self-Management Resource Center. Workshops meet weekly for six weeks for approximately 2-hour sessions during weekdays. These are conducted in community settings throughout our 9-county region, and we currently offer a limited number of full online workshops via Zoom or as one-hour telephone discussion groups. Leaders choose workshops that fit their schedules.

