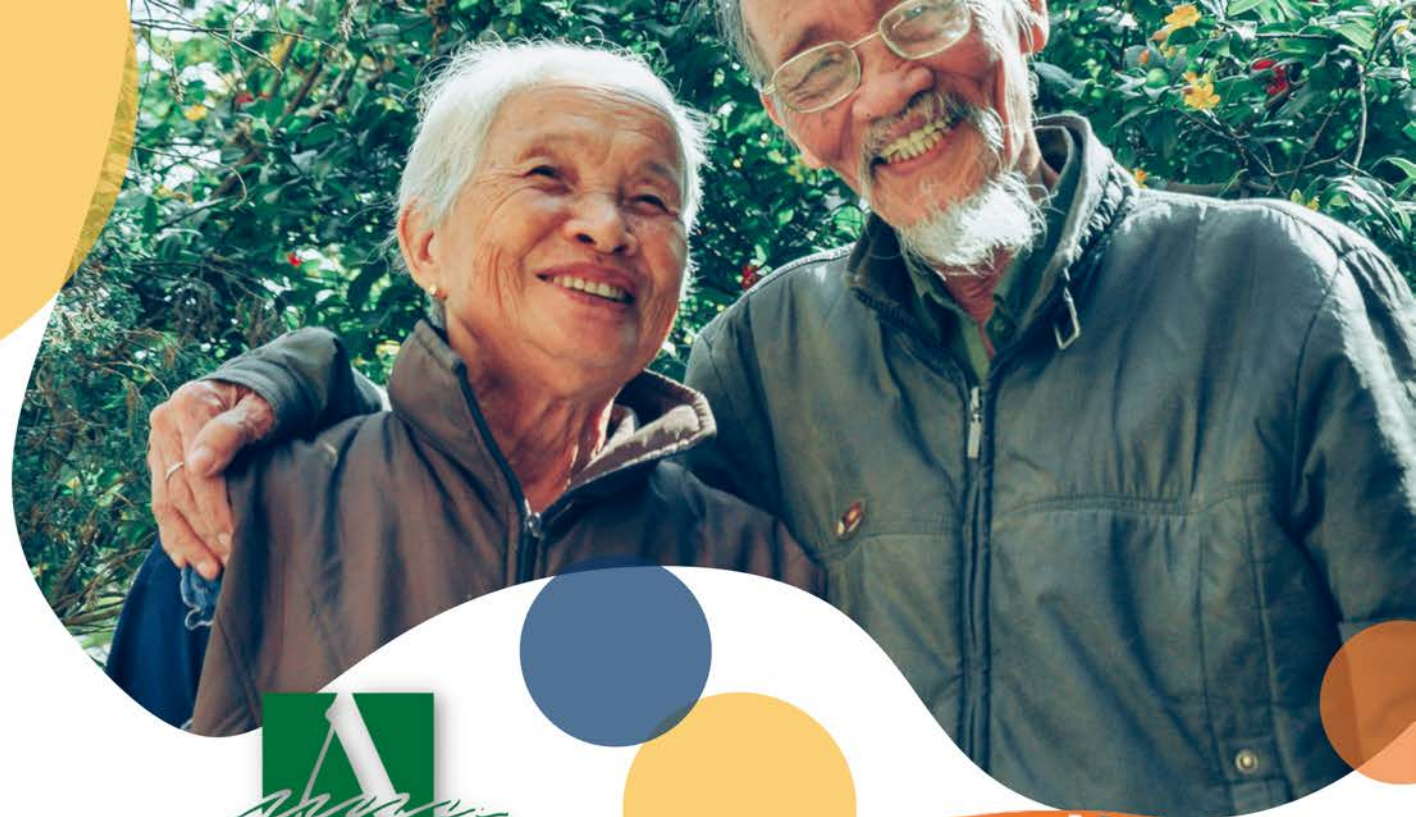




Healthy Living provides evidence-based programs developed by the **Self-Management Resource Center** that contribute toward living well and aging well. These are open to adults and family caregivers.

PROGRAMS PROVEN TO:

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



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

CALL 937.341.3001

OR 800.258.7277

WWW.INFO4SENIORS.ORG

See Calendars then Wellness Programs

Healthy Living 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.



HELP YOURSELF TO BETTER HEALTH

These interactive, small-group workshops are proven to help people living with ongoing medical conditions to better manage symptoms, meet personal goals, and live healthier, happier days.



THREE DIFFERENT WORKSHOPS

1 CHRONIC CONDITIONS for people living with one or more ongoing health condition and could benefit from simple skills and new habits to handle symptoms.

2 CHRONIC PAIN for people wanting help to manage chronic pain.

3 DIABETES for people seeking methods to manage or prevent Type 2 Diabetes.

20% of your health is determined in the doctor's office, while...

80% is in your hands!

You have a big role to play in your own health & wellness.

Long-term health conditions include high blood pressure, arthritis, diabetes, asthma, lung disease, heart disease, chronic pain, anxiety, depression, and more. **If living with one or more health concern:**

Do you feel limited in daily activities?

Or feel tired, alone or stressed by health problems?

Could you benefit from learning to better manage symptoms?

You're not alone. Healthy Living workshops can help.



TOPICS INCLUDE:

- Physical activity to improve strength, flexibility, and endurance;
- Managing stress, frustration fatigue, pain, depression;
- Communicating with doctors and family about your health;
- The impact of nutrition on energy, mood and pain;
- Using medications safely and appropriately;
- Achieving personal goals.

