

Chronic Disease Self Management Workshop

Healthy U Chronic Disease is a free, six week workshop that helps participants learn proven strategies to manage chronic conditions. Open to anyone 18 or over who has, or cares for someone who has a chronic condition.



Healthy U Chronic Disease is for you if you:

- Live with a long-term health issues: arthritis, diabetes, heart disease, anxiety, etc.
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your symptoms

Participants Say

Now I know I'm not alone.

I feel healthier and smarter and more aware of my health.

This workshop showed me I can take control of my future.

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, weight, fatigue, and depression.
- Using physical activity to improve health.
- Using medications safely and appropriately.
- Better communication with doctors and loved ones
- Using nutrition to improve health and control symptoms

Upcoming Workshop

Six weekly sessions—Thursdays

February 17 through March 24

10:00am—12:30pm

Lofino Plaza Meeting Room

3868 Dayton-Xenia Rd, Beavercreek

There is no charge, but you must register in advance.

Leaders: Jeff Schairbaum & Susan Finster

Contact **Jeff** at **937-376-5486** or **jeff.s@gccoa.org**

