

Put Life Back in Your Life!

Register for Healthy U Today

Healthy U may be for you, if you ...

Live with ongoing health conditions.

People with different health problems attend together. The interactive, small-group sessions focus on the participant's role in managing their own illness, such as *arthritis, diabetes, lung disease, high blood pressure, heart disease, cancer, chronic pain, anxiety, depression, and others.*

Feel limited in your day-to-day activities.

You will have energy to **do more** and **get relief** from your pain, fatigue and other symptoms.

Feel tired, alone, or fearful.

You will meet new people, share what you know, and come up with new ways to address your health conditions.

Are looking for better ways to manage your symptoms.

Healthy U workshops help you **regain control of your life** and do the things that matter to you. You will be calmer, less worried, and more confident about managing your health.

Time Commitment: Weekly for Six Weeks
Mondays, Sept. 20 through Oct. 25
1:30 p.m. to 4:00 p.m.

Location: Elderly United Senior Services
101 S. Fountain Avenue, Springfield

*The Area Agency on Aging, PSA 2 offers these **FREE** workshops in partnership with Elderly United Senior Services.*

Advance Registration Required: 1-800-258-7277

This program is made possible through combined efforts of the Administration on Aging, the National Council on Aging, the Ohio Department of Aging, the Ohio Department of Health, and the Area Agency on Aging, PSA 2.



Do You Have Type 2 Diabetes?

FREE Diabetes Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2
in partnership with Sinclair Community College Lifelong Learning Program

*The **Diabetes Self-Management Program** is an interactive, small group workshop that meets once a week for six weeks. This proven program increases participants' confidence and provides new skills so they can better manage their diabetes and feel healthier.*

You get the support you need and:

- Find practical ways to deal with pain, fatigue, and depression.
- Discover ways to be more physically active.
- Eat healthier and manage your diet.
- Learn better ways to talk with your doctor and family about your health.
- Find ways to relax and deal with stress.

Time Commitment: Weekly for Six Weeks
Thursdays, Sept 23 — Oct 28
9:30 a.m. to noon

Location: The Naas Wellness Center at Mercy
Siena Retirement Community, Dayton

Advance Registration Required: 937-512-2372
Course LL 20 X1

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