

Put Life Back Into Your Life.



## Healthy U

Healthy U is a small group workshop that meets once a week for 6 weeks. Healthy U may be for you if you have long term health challenges such as asthma, arthritis, heart disease, diabetes and other life long conditions. You will gain confidence and new skills to better manage your chronic conditions and feel healthier.

With Healthy U you'll get the support you need and:

- find practical ways to deal with pain, fatigue and depression
- discover ways to be more physically active
- find out how to eat healthier
- learn better ways to talk with your doctor and family about your health
- set personal goals
- find ways to relax and deal with stress

6-week workshops start **September 16, 2010** at the following locations:

**Guernsey County Senior Center  
Muskingum County Center for Seniors**

**Pre-registration is required. Call your Senior Center or  
1-800-932-7277 ext 4734.**

This program is made possible by a joint effort of the Administration on Aging, the National Council on Aging, the Ohio Department of Aging, the Ohio Department of Health and your local Area Agency on Aging.

