

# BE A HEALTHIER YOU!

Healthy U/Diabetes is a free, six week, community-based workshop offered by the **Area Agency on Aging** that helps participants learn proven strategies to manage type 2 diabetes.

## **HEALTHY U/DIABETES IS FOR YOU IF YOU:**

- Live with type 2 diabetes and possibly other chronic conditions;
- Feel limited in your daily activities;
- Feel tired, alone, or fearful because of your health; or
- Are looking for better ways to manage your diabetes.

Healthy U workshops are conducted in your community by two trained facilitators. They are held in six weekly, interactive, small-group sessions that focus on ways to better manage your health.



## **TOPICS INCLUDE:**

- Setting and achieving personal health goals
- Using good nutrition to improve health and control symptoms
- Strategies to deal with stress, fatigue, pain, and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- How to use medications safely and appropriately
- Better ways to talk with your doctor and your family about your health

## **UPCOMING WORKSHOP**

Six weekly sessions—every Tuesday

**April 15 through May 20, 2014**  
2:00—4:30 p.m.

**East End Community Center**  
624 Xenia Ave. Dayton Ohio 45410

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

To register, contact Patty Griswold at 937-528-6850 ext 2004 or email [pgriswold@chcgd.org](mailto:pgriswold@chcgd.org)

**HEALTHY U — BECAUSE IT'S  
ALWAYS A GOOD TIME TO LEARN**

**BONUS: PRIZES  
AWARDED UPON  
COMPLETION**