



HEALTHY U

Put Life Back in Your Life
with Healthy U: Chronic
Disease Self-Management!

Proven to be effective,
Healthy U is a FREE six-
session workshop that can
help people with diabetes,
asthma, arthritis, heart
disease and other life-long
conditions.



Healthy U: Chronic Disease Self-Management Program

-  Join our FREE 2 ½-hour Healthy U workshop, held once a week for six weeks—a \$300 value. Refreshments provided.
-  Learn from trained leaders with health conditions themselves.
-  Set your own goals and make a step-by-step plan to improve your health—and your life.
-  Complete the workshop and receive a copy of the companion book, *Living a Healthy Life With Chronic Conditions*.

SourcePoint
800 Cheshire Road
Delaware, OH 43015



Healthy U
Wednesdays, Feb. 21-March 28,
1 to 3:30 p.m.

To register,
call 740-363-6677
or register online at
MySourcePoint.org/ec



Put life back in your life.

Healthy U, or CDSMP (Stanford University's Chronic Disease Self-Management Program), is a workshop given once a week for six weeks in community settings.

People with different chronic conditions attend together. Workshops are conducted by two facilitators, one or both of whom have chronic conditions themselves, such as diabetes, arthritis, or heart conditions.

Self-management topics covered include:

- 1) Techniques to deal with problems such as frustration, fatigue, pain and depression,
- 2) Suggestions on exercise for maintaining and improving strength, flexibility, and endurance,
- 3) Stress and relaxation,
- 4) Communicating effectively with family, friends, and health professionals,
- 5) Nutrition, and,
- 6) How to evaluate new treatments.

Diabetes Self-Management Program (DSMP) is facilitated the same way as CDSMP and covers the same subjects, but is specifically designed for people with Type 2 Diabetes or pre-Diabetes, and includes more specific information on managing diabetes.

Each participant who completes the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Condi-tions*.



For more information or to bring this program to your venue please call:

Jane Acri at
614-645-3866
1-800-589-7277
jacri@coaaa.org

The Central Ohio Area Agency on Aging supports older adult independence, choice, and dignity.

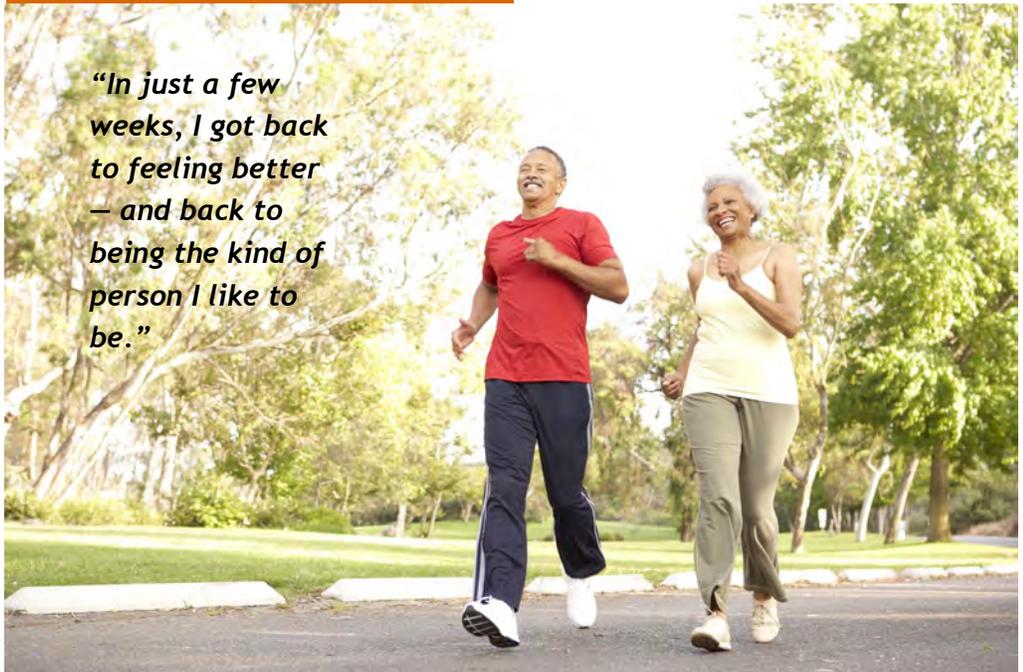


COAAA
3776 South High St
Columbus, Ohio 43207

1-800-589-7277
614-645-7250

Online: www.coaaa.org
Email: coaaa@coaaa.org

Healthy U is made possible through The Ohio Department of Aging and Older Americans Act funds, Title III-D, designated to promote evidence-based disease prevention and health promotion programs. COAAA works in collaboration with many local partners to bring this program to you.



“In just a few weeks, I got back to feeling better – and back to being the kind of person I like to be.”