Health in Action

Take the steps to a healthier lifestyle!

Six weekly sessions to Better Health Self-Management
Problem-solve your health challenges with the support of others. This no-cost workshop series provides you with the tools to live a healthy life with a chronic condition. People with chronic conditions and caregivers are welcome. Topics covered include:

› Healthy Eating
› Physical Activity
› Better Breathing
› Medication Management
› Communicating about Your Condition
› And more!

Attend Health in Action In-Person!
Mondays September 26 – October 30
10:00 am - 12:30 pm
Life Care Alliance/ Carrie’s Café
670 Harmon Avenue, Columbus, OH 43223

◎ Sessions are once a week for six weeks to share and connect with others. Please plan to attend all six weeks.

◎ Reserve two and half hours to attend each session. Breaks will be included and lunch from Carrie’s Café will be provided to attendees over the age of 60.

◎ Contact Jenny Lobb, OSU Extension Educator, by email at lobb.3@osu.edu or by phone at 614-292-7775 with questions or if you are unable to register online.

Register using the QR code below or by visiting go.osu.edu/healthinaction by September 18 to receive a complimentary copy of the book Living a Healthy Life with Chronic Conditions.

Funding provided by Ohio Department of Aging through the Older Americans Act. A program of the Self-Management Resource Center. This workshop series will be offered by OSU Extension Franklin County in partnership with the Central Ohio Area Agency on Aging and Life Care Alliance.