

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!



Photo source: National Cancer Institute

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*.

