







Healthy U At Home!

Sign up for Diabetes Self-Management by Phone!

Healthy U is a **FREE** six-session workshop that can help you self-manage your diabetes better, all from home!



FREE Healthy U - Diabetes Self-Management by Phone!

-  Join a Free Diabetes Self-Management workshop by phone, held once a week for six weeks. **Materials shipped to your home.**
-  Connect and share with others.
-  Set your own goals and make a step-by-step plan to improve your health – and your life.
-  Six weekly small group discussions by phone to help you utilize the free Diabetes toolkit shipped to your home.

Registration is required

Healthy U ~ Diabetes Workshop by Phone

**Wednesdays May 5-June 9
10:00am-11:00am**

Attendance required at all sessions

Call-in number will be provided upon registration confirmation.

**Registration deadline
April 20th**

Get your spot early!

**Call Jane 614-645-3866 or
Jacri@coaaa.org**



Put life back in your life.

Healthy U, (or CDSMP – Chronic Disease Self-Management Program), is a six session workshop currently meeting remotely due to the health crisis.

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.

Chronic Pain Self-Management (CPSMP) is facilitated the same way as CDSMP but also includes 26 gentle stretching exercises as part of the curriculum.

All materials shipped to your home for free upon registration.



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.”

