

Have a chronic disease such as asthma, arthritis, diabetes, heart disease, or other life-long conditions?

Want to better manage your conditions and feel healthier??

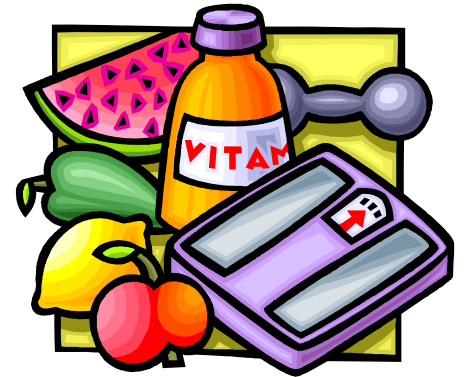
Put Life Back Into Your Life with....

Healthy U

Healthy U is a small group workshop that meets once a week for six weeks.

With Healthy U, you'll gain support and:

- Learn ways to deal with pain, fatigue and depression
- Discover ways to be more physically active
- Learn how to eat healthier
- Learn better ways to talk with your physician and family about your health
- Set personal goals
- Find ways to relax and better deal with stress



The class is FREE and participants will receive a FREE copy of "Living a Healthy Life with Chronic Conditions," a 374-page guide to self-management.

New Class Beginning June 17th in Waverly!

Location: Garnet A. Wilson Public Library, 207 N. Market Street, Waverly

Time: 10:00 am – 12:30 pm

Classes will be held each Friday June 17th through July 22nd

Please Pre-Register by June 13th by calling 1-800-582-7277

Ask for Carla Cox at extension 284 or Breanna Williams at extension 247

Class is open to anyone age 60 or older or enrollees with OPERS non-Medicare Medical Mutual.

Register and attend at least four (4) classes to enter your name in a drawing to win a Wal-Mart Gift Card!!