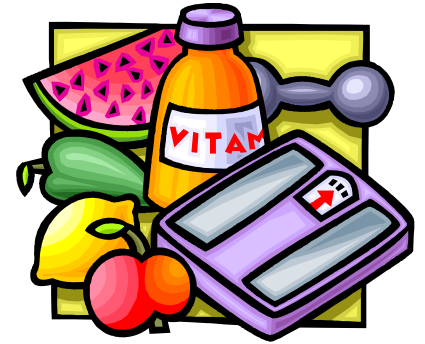


Have a chronic disease such as asthma, arthritis, diabetes, heart disease, or other life-long conditions?

Want to better manage your conditions and feel healthier??

*Put Life Back Into Your Life with the....*

# Chronic Disease Self-Management Program



Join this small group workshop that meets once a week for six weeks.

*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 deal with stress

**PROVIDED AT**  
**NO COST TO**  
**YOU!**

***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.***

Locally, the Area Agency on Aging District 7 is happy to sponsor Healthy U at a location near you. For more information about joining an upcoming class, call **1-800-582-7277, extension 247 or 284.**

*The program is made possible by a joint effort of the Ohio Department of Health, the Ohio Department of Aging and the Area Agency on Aging District 7.*