



Join Healthy U at Home

Learn at home while having fun connecting with others who are also making healthy changes.

Three free programs are offered online OR by phone so that you can participate in the comfort and safety of your own home.

Chronic Disease — Diabetes — Chronic Pain

Groups meet weekly for 6 weeks and remaining new groups for 2021 are scheduled to begin in May, June, August, and September.

Free materials are shipped to your home to help you set personal goals, learn new skills, and **take charge of your health.**

Healthy U is for those who:

- Have a chronic health condition or care for someone with a chronic condition.
- Need some help to better manage symptoms.
- Feel tired, alone, or fearful because of their own health or the health of a loved one.

Get the support you need from our skilled and caring leaders, proven tools, and other participants who have similar experiences and challenges.

May 2021 Start Dates—Register Today, Space is Limited

5/4/21 at 3:00 PM—Chronic Disease Phone Discussion Group (next group 6/22)

5/5/21 at 3:00 PM—Diabetes Phone Discussion Group (next group 6/23)

May Chronic Pain Phone Discussion Group is Full—**taking registrations for 6/24**

5/7/21 at 10:00 AM—Online (Zoom) Chronic Pain Workshop (diabetes 6/25)
(Zoom requires internet connection, camera, & microphone)

For questions or to register for any 2021 Healthy U at Home program,
contact Ann at HealthyUAnn@gmail.com or 937-567-0284.



Healthy U is offered by the Area Agency on Aging, PSA 2

(937) 223-HELP

info4seniors.org

(800) 258-7277