



Join Healthy U at Home

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

A Chronic Pain Self-Management Workshop *from the comfort and safety of home*

Fridays, May 7—June 11, 2021

Begins at 10:00 AM. Lasts 2—2 1/2 Hours.

Our free online workshop meets **once a week for 6 weeks** to help you set and achieve personal goals, learn new skills, and manage symptoms. Participants must have internet access with camera and microphone. **New to Zoom?** A brief orientation is available before the first session.

Register by April 27 to reserve one of the limited spots and ensure that free workshop materials arrive before the first session.

For questions or to register,

contact Ann at HealthyUAnn@gmail.com or 937-567-0284.

Healthy U/Chronic Pain is for those who:

- Have chronic pain (lasting more than 3-6 months) or care for someone with chronic pain.
- 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.



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

(937) 223-HELP

info4seniors.org

(800) 258-7277