





# HEALTHY U


Put Life Back in Your Life with Healthy U~ Chronic Pain Self-Management workshop. Proven to be effective, Healthy U is a FREE six-session self-management workshop that can help you self-manage your Chronic Pain.



## FREE Healthy U~Chronic Pain Self-Management Workshop

 Sign Up for the FREE Healthy U ~ Chronic Pain Workshop, held once a week for six weeks – a \$300 value. Refreshments provided.

 Learn from trained leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health – and your life.

Complete the workshop and receive *Living a Healthy Life With Chronic Pain book and the Moving Easy*

### Licking County Aging Program

1058 East Main St  
Newark OH 43055

**Tuesdays July 17- August 21**

**1:00pm-3:30pm** Space is limited.

Attendance required at all sessions.

Registration required. Deadline July 10th

To register, contact the center at  
740-345-0821



## Put life back in your life.

**Healthy U**, or CDSMP (Chronic Disease Self-Management Program), is a workshop given two and a half hours, once a week, for six weeks, in community settings.

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.



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](http://www.coaaa.org)  
**Email:** [coaaa@coaaa.org](mailto: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.”*

