

# HEALTHY U WORKSHOP

Learn to self manage  
your health with these  
**FREE** workshops



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<http://www.steadyhealth.com>

**Put Life Back in Your Life** with Stanford University's evidence-based workshop.

Proven to be effective, Healthy U is a FREE six-session workshop that can help people with diabetes, asthma, arthritis, heart disease and other life long conditions.



## Healthy U Workshop

**WHEN:** April 24, May 1, 8, 15, 22 & 29  
5 pm - 7:30 pm

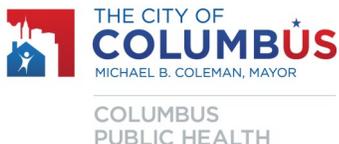
**WHERE:** Barnett Community Center  
1184 Barnett Rd, Columbus, OH 43227

**REGISTER:** To register, contact  
Clare Fagerholm  
(614) 645-1223 or  
[chfagerholm@columbus.gov](mailto:chfagerholm@columbus.gov)

*Registration deadline: April 21, 2014*

### More Details:

- COTA passes available at each class.
- Join a FREE 2 ½-hour Healthy U Workshop, held once a week for six weeks — a \$220 value.
- 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 a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*.



# Put life back in your life.

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

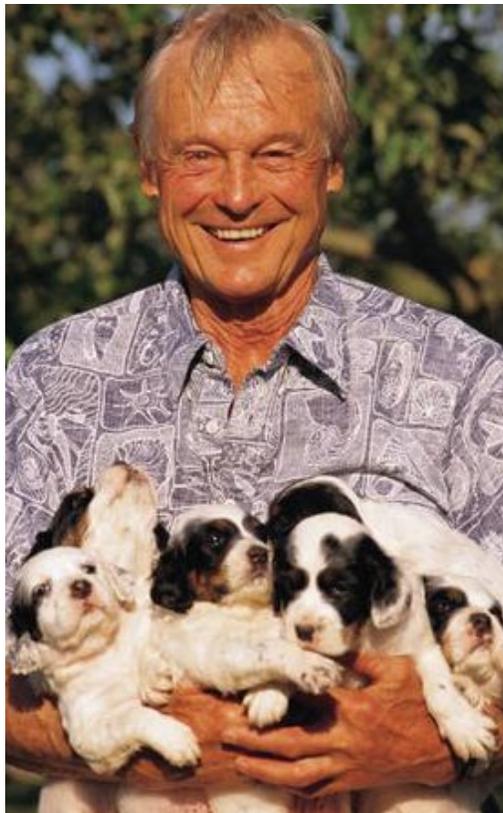
People with different chronic health problems attend together. Workshops are conducted by two facilitators, one or both of whom have chronic conditions themselves, such as diabetes, arthritis, or heart conditions.

CDSMP subjects covered include:

- 1) techniques to deal with problems such as frustration, fatigue, pain and depression,
- 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance,
- 3) appropriate use of medications,
- 4) communicating effectively with family, friends, and health professionals,
- 5) nutrition, and,
- 6) how to evaluate new treatments.



*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*



The Central Ohio Area Agency on Aging supports older adult independence, choice, and dignity.



**Central Ohio Area Agency on Aging**  
174 East Long Street  
Columbus, Ohio 43215

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 in Ohio through a grant from the Administration on Aging designed to promote evidence-based disease prevention and health promotion programs. Ohio Department of Aging works in collaboration with Ohio Department of Health and many local partners in offering this program.*

## For more information, contact:

Clare Fagerholm

614-645-1223

[chfagerholm@columbus.gov](mailto:chfagerholm@columbus.gov)