

Are you sick and tired of feeling sick and tired?

Healthy U can help you **better manage** chronic conditions such as diabetes, heart disease and pain...from the comfort of your home.

Older adults and caregivers, join us for FREE online or phone workshops where you'll learn tips for:

- healthy eating
- dealing with frustration, fatigue and isolation
- exercising to maintain and improve strength and flexibility
- improving communication with family, friends and doctors
- making informed treatment decisions
- appropriate use of medications
- disease-related problem-solving
- setting goals, and more!



Visit www.help4seniors.org to learn more or to register for a FREE Healthy U workshop. Or call (513) 345-8637.