Do you struggle to manage your chronic condition?

**HEALTHY U** workshops can help you learn to:

- Deal with stress, frustration, fatigue, pain and depression;
- Use physical activity to maintain and improve strength, flexibility and endurance;
- Use medications safely and appropriately;
- Talk with your doctor and your family about your health;
- Use good nutrition to improve health and control symptoms;
- Evaluate new treatments; and
- Set and achieve personal health goals.

Living “Well Beyond 60!” means making good choices throughout your lifespan that help you continue to grow, thrive and contribute as you age. Simple efforts like staying active, managing health conditions and reducing the risk of falls help you remain independent and engaged. The Ohio Department of Aging’s “Well Beyond 60!” initiative provides information and resources to help Ohioans of all ages lead longer, healthier, happier and safer lives.
Chronic Pain Self-Management is part of HEALTHY U Ohio, evidence-based self-management workshops developed at Stanford University. These programs are made possible by a joint effort of the Administration for Community Living, Ohio Department of Aging, the Ohio Department of Health and your local area agency on aging.

HEALTHY U is available to older Ohioans in all 88 counties.

For more information about this and other HEALTHY U programs, contact your area agency on aging:

1-866-243-5678 or visit www.aging.ohio.gov

Chronic Pain Self-Management is for you if:

- You have long-term pain or care for someone living with chronic pain;
- You are looking for better ways to manage pain symptoms;
- Feel limited in your daily activities;
- Feel tired, alone, or fearful because of your health or the health of your loved one.

Those who have completed Chronic Pain Self-Management workshops say it gave them better ways to talk with their doctor and family about your pain.

Chronic Pain Self-Management offers free, six week, community-based workshops that help participants learn proven strategies to manage chronic pain and health conditions and to feel healthier. It is an evidence-based program designed to teach you to set your own goals and make step-by-step plans to improve your health.

Program Details

Chronic Pain Self-Management workshops use trained leaders to teach participants how to manage their pain. Each class builds upon the previous week, so plan to attend all six.

Topics include:

- Setting and achieving personal goals to manage pain.
- Strategies to deal with pain, stress, fatigue, depression.
- Using physical activity to maintain and improve strength, flexibility, and endurance.
- How to use medications safely and appropriately.
- Better ways to talk with your doctor and
- Better ways to talk with your family about your pain.