

Healthy-U

175 Tri County Parkway, Suite 175
Cincinnati OH 45246

Area(s) Served:

Butler County,
Warren County,
Clermont County,
Statewide,
Clinton County,
Hamilton County

<http://www.help4seniors.org>

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Phone: 513) 721-1025

Phone Extension: 8637

Contracted Provider: Not Applicable

Description:

Are you struggling with a health condition such as **diabetes, high blood pressure, heart disease, fibromyalgia, or arthritis?**

The Healthy-U Chronic Disease Self-Management Program is proven to improve quality of life -- and save money by reducing health care expenses. It's free to adults of any age with any on-going health condition and/or their caregivers.

Healthy U is a small group workshop that focuses on problem solving and building self-confidence to help people maintain their health and manage chronic health conditions. Many people struggle to manage symptoms of chronic disease -- especially older adults who are more likely to be living with more than one chronic illness. In 2009, the Surgeon General estimated that 50% of older Americans were living with at least two chronic health conditions (at least 80% had one).

The workshops are led by trained facilitators -- usually non-health professionals who have a chronic disease themselves. Participants meet for six weeks, once a week, for two and a half hours, and learn to control their symptoms through: relaxation techniques, diet and exercise changes, managing sleep and fatigue, using medications correctly, and communication with family members, friends and health care providers.

Healthy U, developed at Stanford University as the Chronic Disease Self Management Program, is successful because it was developed with input from people who have chronic diseases themselves. COA is offering the workshop locally through a grant from the Ohio Department of Aging and the federal Administration on Aging.

For information about workshop dates and locations, [click here](#) or call (513) 721-1025 and ask for Healthy-U.

Council on Aging is looking for individuals and organizations who are interested in offering the Healthy-U program. Healthy-U leaders are either adults (preferably with a chronic health condition) or professionals such as nurses, care managers, health educators, etc. Healthy-U leaders:

- receive specialized training and easy-to-use instructional materials
- learn new skills and gain valuable experience in program delivery
- experience the satisfaction of changing lives with a proven effective program

[Click here for more information](#), or call (513) 721-1025 and ask for Healthy-U.