Are you interested in learning how to better manage life with a chronic illness?

This class presents practical tips, suggestions, and strategies to help you take a more active and productive role in your own health management.

Healthy U is a research-driven, six-week program that meets once a week. Over these six weeks, you will learn techniques that you can apply daily to be happier, more independent, and better in control of your chronic illness.

Anyone interested in learning more about managing their health is eligible. This program is brought to you by the Wyoming Center on Aging and the UW Wellness Center.

**Subjects include the following:**
- Dealing with fatigue, pain, and frustration
- Problem solving
- Appropriate exercise
- Understanding emotions
- Action planning
- Healthy eating
- Evaluating new treatments
- Communicating with health professionals

**Upcoming Healthy U Workshop**

Tuesdays, Nov. 1 – Dec. 13, 5pm – 7:30pm  
Location: Half Acre Room 117 at UW

For details or to register, contact Dominick Duhamel:  
dduhamel@uwyo.edu / (307) 766-2765