



# NOW IS THE TIME TO **TAKE CHARGE** OF YOUR HEALTH

## **Make a plan to improve your life!**

**Healthy U** is a **free** six-week workshop for anyone with a chronic health condition or who helps care for someone with a chronic health condition.

**Topics include** problem solving, healthy eating, action planning, understanding emotions, exercise, evaluating treatments, effective communication, and working with healthcare professionals.

## **Join us for our next online workshop:**

**May 28 - July 2, 2020**

Every Thursday from 9:00AM to 11:30AM

Hosted online using the Zoom webinar platform

*Technical assistance will be provided*

## **Join us for a short information session:**

Thursday, May 21 at 9:00AM

## **For more information or to sign up:**

Website: [healthyuwyo.org](http://healthyuwyo.org)

Email: [dduhamel@uwyo.edu](mailto:dduhamel@uwyo.edu)

Phone: (307) 766-2765

*Self-paced online workshops are also available!*

*Contact us for more information.*

## **Healthy U can help you:**

- Learn a variety of tools you can use to better manage your health
- Get support from other people with chronic health conditions
- Feel healthier and have a better quality of life
- Spend less time at the doctor and the hospital



Wyoming  
Department  
of Health



Wyoming Center  
on Aging