



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.

Healthy U is now available **online**. Connect using your smartphone, tablet, or computer. One-on-one technical assistance will be provided.

Join us for our next online workshop:

September 23 - October 28, 2020

Every Wednesday from 10:00AM to 12:30PM

Hosted online using the Zoom video platform

For more information or to sign up:

Website: healthyuwyo.org

Email: dduhamel@uwyo.edu

Phone: (307) 766-2765

Self-paced online workshops are also available!



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

