

"When I attended the Healthy U classes, it was the first time I could get out from under my husband's illness. The classes helped me take an objective view and deal with it. I could participate for myself. I continue my action plans every week even though the class is over. It helped our relationship tremendously. We learned to negotiate and used the tools to solve problems and make decisions together. He recognizes that I'm not just nagging. I recognize that we often need to renegotiate what help I provide as his illness changes. I'm so grateful to have the opportunity to be trained as a leader for Healthy U now. It gives me an opportunity to give back and help others."

- Donna Hughes, Caregiver Volunteer and Co-leader for Healthy U



Research shows that people who attend this program:

- Feel less distressed about their health
- Have more confidence about managing their health
- Make fewer visits to the emergency room

Classes available at the following locations:

Cincinnati VA Medical Center,
some VA Outpatient Clinics and
in the community.
(513) 861-3100, ext. 4881

Health-U Classes are starting soon:

Call For more information or to register
for the next class.



VA HEALTH CARE
Defining **EXCELLENCE**
in the 21st Century



Sick and tired of
feeling sick and tired?



Don't let your chronic disease rule your life.

Let Healthy U put you back in charge!

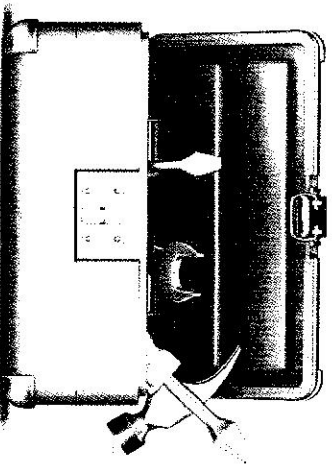


FEEL BETTER - TAKE CHARGE

Do you ever feel overwhelmed by your health problems? Does it feel like the disease becomes the center of your existence? Then Healthy U is definitely for YOU!

Healthy U allows you to build your self-management tool box, including:

- Breathing techniques
- Managing sleep and fatigue
- Healthy eating
- Improved communication
- Evaluating medications and new treatment options
- Working with your healthcare provider effectively
- Physical activity
- Decision making



"What helps me is the coping strategies from the Self-Management Tool Box. I don't let my chronic disease rule my life!"

- Jim Reusing, Veteran Volunteer and Co-Leader for Healthy U

"The program has helped me tremendously. I have multiple chronic health problems including diabetes, heart failure, back pain, PTSD, and COPD. Years ago I was in and out of the hospital. The doctors were concerned I might die and I was just waiting for it to happen. Since attending Healthy U, I have more energy and coping strategies to manage my symptoms better. Before, it was just rules and I don't always follow the rules. Now, I realize it's not a doctor fix. It's up to me if I'm going to be healthier. Because of Healthy U, I actually LIVE my life. I have a purpose and each day starts with my health care routine. I see what a difference it makes when I set action plans and meet them. I've learned how to watch for problems, and take action before things get out of control."

- Charlie Hughes, Veteran Volunteer and Co-Leader for Healthy U

Healthy U helps you learn how to make reasonable action plans that you can accomplish in 1 week. You have the opportunity to report on your progress each week, and, if not successful, the group helps problem solve other strategies to improve success. Mutual support and action plan success help you build confidence in your ability to manage your health and maintain an active, fulfilling life.

Healthy U helps you learn how to make reasonable action plans.

