



Healthy U Program

The Healthy U Program is a free six-week workshop designed to teach practical skills for living a healthier life with an ongoing health condition such as heart conditions, lung disease, stroke, arthritis, diabetes, asthma, emphysema, MS, high blood pressure or anyone else who thinks they may benefit from participating in the program). Participants learn relaxation techniques, how to exercise appropriately, how to cope with frustration, fatigue and pain, how to manage symptoms, how to eat well, how to use medications appropriately, how to communicate effectively with family, friends and health professionals, how to set weekly goals and how to effectively problem-solve. Registration is required for this workshop.

Healthy U Program Locations Include:

- Arlington by the Lake, 2101 Arlington Avenue, 419-381-6627
Every Friday from June 5 – July 10 from 9:00 a.m. – 11:30 a.m.
- Heatherdowns Branch Library, 3265 Glanzman, 419-259-5270
Every Friday from June 19 – July 24 from 1:00 p.m. – 3:30 p.m.
- Kent Branch Library, 3101 Collingwood Blvd., 419-259-5340
Every Friday from June 19 – July 24 from 1:00 p.m. – 3:30 p.m.
- Mott Branch Library, 1085 Dorr St., 419-259-5230
Every Thursday from June 4 – July 9 from 1:00 p.m. – 3:30 p.m.
- Renaissance Senior Apartments, 419 N. St. Clair St., 419-241-3721
Every Tuesday from June 2 – July 7 from 9:00 a.m. – 11:30 a.m.
- West Toledo Branch Library, 1320 Sylvania Ave., 419-259-5290
Every Friday from June 5 – July 10 from 1:00 p.m. – 3:30 p.m.

To register or for more information, please contact your location at one of the numbers listed above.



This program is made possible by a joint effort of the Administration on Aging, the National Council on Aging, the Ohio Department of Aging, the Ohio Department of Health, the Area Office on Aging of Northwestern Ohio, the Toledo-Lucas County Library and the Fit For Life Program.