



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 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

Join us for the next

ONLINE Healthy U workshop!

- ⇒ Thursdays, Jan 15th - Feb 19th, 2026
- ⇒ 2:30pm-5:00pm MT via Zoom
- ⇒ Register today [at this link](#)
Or scan the QR Code
with your smart device
- ⇒ Want to learn more before signing up? Register to join the Info Session Jan 8th at 2:30pm!
- ⇒ Taught by trained leaders located in Wyoming



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