



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 the next **ONLINE Healthy U workshop!**

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

⇒ 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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