

# Community Wellness 2018



Join us the Area Agency on Aging District 7 in 2018 at one of our wellness programs for those age 60 and over. Or call us for more information about bringing a class to your community!

## Chronic Disease Self-Management

### ADAMS COUNTY

Starting March 6<sup>th</sup> at Glendale Apartments in West Union

### BROWN COUNTY

Starting September 4<sup>th</sup> at the Cincinnati VA Medical Center Outpatient Clinic in Georgetown

### GALLIA COUNTY

Starting March 1<sup>st</sup> at the Gallia County Health Department in Gallipolis

Starting June 1<sup>st</sup> at the Holzer Wellness Center in Gallipolis

### JACKSON COUNTY

Starting July 2<sup>nd</sup> at the Jackson City Library in Jackson

### LAWRENCE COUNTY

Starting August 1<sup>st</sup> at the Briggs Library in Ironton

### PIKE COUNTY

Starting February 8<sup>th</sup> at Bristol Village in Waverly

Starting May 2<sup>nd</sup> at the Pike County Senior Center in Waverly

Starting August 1<sup>st</sup> at Adena Health Center in Waverly

### ROSS COUNTY

Starting January 17<sup>th</sup> at Hopeton Terrace in Chillicothe

Starting September 5<sup>th</sup>. Location TBA.

### SCIOTO COUNTY

Starting February 5<sup>th</sup> at Southern Ohio Medical Center in Portsmouth

Starting May 22<sup>nd</sup> at Southern Ohio Medical Center in Portsmouth

Starting September 4<sup>th</sup> at the First Baptist Church in Wheelersburg

## Diabetes Self-Management

### ADAMS COUNTY

Starting May 4<sup>th</sup> at Glendale Apartments in West Union

### BROWN COUNTY

Starting July 10<sup>th</sup> at the Cincinnati VA Medical Center Outpatient Clinic in Georgetown

Starting October 16<sup>th</sup> at the Cincinnati VA Medical Center Outpatient Clinic in Georgetown

### GALLIA COUNTY

Starting April 2<sup>nd</sup> at the Bossard Memorial Library in Gallipolis

Starting October 3<sup>rd</sup> at the Gallia County Senior Center in Gallipolis

### JACKSON COUNTY

Starting May 2<sup>nd</sup> at the Jackson City Library in Jackson

Starting October 3<sup>rd</sup> at the Jackson City Library in Jackson

### LAWRENCE COUNTY

Starting February 1<sup>st</sup> at the Lawrence Co. Senior Center in Ironton

Starting March 23<sup>rd</sup> at the Christ Episcopal Church Parish House in Ironton

Starting June 6<sup>th</sup> at the Briggs Library in Ironton

### ROSS COUNTY

Starting March 21<sup>st</sup> at Hopeton Village in Chillicothe

Starting April 11<sup>th</sup> at Hopeton Terrace in Chillicothe

### SCIOTO COUNTY

Starting March 21<sup>st</sup> at the Scioto County Senior Center in Portsmouth

Starting July 11<sup>th</sup> at the Scioto County Senior Center in Portsmouth

Starting November 7<sup>th</sup> at the First Baptist Church in Wheelersburg

## Chronic Pain Self-Management

### GALLIA COUNTY

Starting March 21<sup>st</sup> at the Holzer Wellness Center in Gallipolis

Starting October 1<sup>st</sup> at the Episcopal Church in Gallipolis

### JACKSON COUNTY

Starting March 21<sup>st</sup> at Holzer Medical Center – Jackson in Jackson

Starting October 1<sup>st</sup> at Holzer Medical Center – Jackson in Jackson

### LAWRENCE COUNTY

Starting April 13<sup>th</sup> at the Briggs Library in Ironton

Starting August 6<sup>th</sup> at the Lawrence County Senior Center in Ironton

### PIKE COUNTY

Starting July 6<sup>th</sup> at the Adena Health Center in Waverly

### SCIOTO COUNTY

Starting February 6<sup>th</sup> at the First Baptist Church in Wheelersburg

Starting August 6<sup>th</sup> at the Scioto County Senior Center in Portsmouth

## **Matter of Balance Falls Management**

### **BROWN COUNTY**

April 23<sup>rd</sup> at the Cincinnati VA Medical Center Outpatient Clinic in Georgetown  
August 13<sup>th</sup> at the Cincinnati VA Medical Center Outpatient Clinic in Georgetown

### **GALLIA COUNTY**

Starting February 2<sup>nd</sup> at the Holzer Wellness Center in Gallipolis  
Starting May 1<sup>st</sup> at the Holzer Wellness Center in Gallipolis  
Starting August 7<sup>th</sup> at the Episcopal Church in Gallipolis  
Starting November 1<sup>st</sup> at the Episcopal Church in Gallipolis

### **JACKSON COUNTY**

Starting February 2<sup>nd</sup> at Seton Square Apartments in Wellston  
Starting March 15<sup>th</sup> at the Jackson County Senior Center in Jackson  
Starting August 7<sup>th</sup> at the Oak Hill Senior Center in Oak Hill  
Starting November 1<sup>st</sup> at the Cambrian Apartments in Jackson

### **LAWRENCE COUNTY**

Starting March 15<sup>th</sup> at the Lawrence County Senior Center in Ironton  
Starting October 2<sup>nd</sup> at the Lawrence County Senior Center in Ironton

### **PIKE COUNTY**

Starting March 8<sup>th</sup> at the Pike County Senior Center in Waverly  
Starting September 4<sup>th</sup> at the Adena Health Center in Waverly

### **SCIOTO COUNTY**

Starting March 15<sup>th</sup> at the Wheelersburg Baptist Church  
Starting June 5<sup>th</sup> at the Wheelersburg Baptist Church  
Starting October 2<sup>nd</sup> at the Wheelersburg Baptist Church

### **ROSS COUNTY**

Starting March 15<sup>th</sup> at Hopeton Village in Chillicothe

## **Tools for Caregivers (For Family Caregivers)**

### **GALLIA COUNTY**

Starting February 7<sup>th</sup> at the Bossard Memorial Library in Gallipolis  
Starting June 6<sup>th</sup> at the Bossard Memorial Library in Gallipolis

### **JACKSON COUNTY**

Starting February 7<sup>th</sup> at the Jackson County Water Department in Jackson  
Starting June 6<sup>th</sup> at the Jackson County Water Department in Jackson

### **LAWRENCE COUNTY**

Starting May 4<sup>th</sup> at the Lawrence County Senior Center in Ironton  
Starting October 5<sup>th</sup> at the Lawrence County Senior Center in Ironton

### **PIKE COUNTY**

Starting March 2<sup>nd</sup> at the Adena Health Center in Waverly  
Starting August 3<sup>rd</sup> at the Pike County Senior Center in Waverly

### **ROSS COUNTY**

Starting March 5<sup>th</sup> at Southeastern Local Schools in Chillicothe (for caregivers of children with special health and behavioral needs)

### **SCIOTO COUNTY**

Starting May 4<sup>th</sup> at the Scioto County Senior Center in Portsmouth  
Starting October 5<sup>th</sup> at the Scioto County Senior Center in Portsmouth

## **Diabetes Empowerment Education Program™ (DEEP)**

### **GALLIA COUNTY**

Starting June 4<sup>th</sup> at the Holzer Wellness Center in Gallipolis

### **JACKSON COUNTY**

Starting January 2<sup>nd</sup> at the Jackson County Water Department in Jackson  
Starting June 4<sup>th</sup> at the Jackson County Senior Center in Jackson

### **PIKE COUNTY**

Starting October 1<sup>st</sup> at the Garnett A. Wilson Public Library in Waverly

### **SCIOTO COUNTY**

Starting January 10<sup>th</sup> at Riverview Retirement Center in Portsmouth

### **VINTON COUNTY**

Starting January 2<sup>nd</sup> at McArthur Park Apartments in McArthur

**Call 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org) to register  
or for more information on all the classes listed.**

***Check out our website at [aaa7.org](http://aaa7.org) to keep up-to-date on calendar changes and additions!***