



NEWS COLUMN – Area Agency on Aging District 7, Inc.

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Interested in Becoming a Community Wellness Coach?

**Pamela K. Matura, Executive Director, Area Agency on Aging District 7
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Most know the Area Agency on Aging District 7 (AAA7) for the assistance we can provide with long-term care home and community-based services, programs and resources that are available in our ten-county district. Did you know that we also provide “Healthy Lifestyle Programs” to many of the counties in our district? These evidence-based programs help individuals learn to take control of their lives and manage health conditions. Thanks to a network of community coaches and members of our staff, these programs are available in a number of communities throughout our ten-county district. The AAA7 offers services in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties.

We are currently searching for additional community coaches to help us teach these classes throughout our district. Community coaches, or lay leaders, are volunteers who typically have chronic conditions or diabetes themselves and conduct workshops using the prepared curriculum. They complete a training program where they are mentored by master trainers. An essential element to these six-session workshops is that they are held in community-based settings, such as senior centers, churches and faith-based organizations, and libraries.

We are soon offering a Lay Leader Training at two locations in our district for those individuals who are interested in serving in this capacity. Trainings will be offered in Gallia County beginning on September 21st and ending on September 30th and in Adams County beginning on October 19th and ending October 28th. Training consists of six days of training. Attendees must attend all six days in order to be certified to lead the programs. Attendees will be provided with in-depth information needed to conduct the workshops and receive the materials at no cost. As all workshops are designed to be facilitated by two trainers, it is strongly suggested that those interested bring someone they prefer to lead the class with them. If there is an interest in serving in this capacity after the classes have started, please call us to learn about future training opportunities.

If you are interested in becoming a Community Wellness Coach in your community, or to learn more about wellness opportunities through our Agency, give us a call at 1-800-582-7277, extension 22215 or 22284 to learn more!

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