

Wellness Tip of the Week

with the Area Agency on Aging District 7



Beneficial Wellness Programs

Wellness programs through the AAA7 are available for those age 60 and over and are currently taking place over a telephone conference call with some virtual classes planned for the future. Classes include: Chronic Disease Self-Management, Diabetes Self-Management, Chronic Pain Self-Management, and Falls Prevention. Call us at 1-800-582-7277 or e-mail info@aaa7.org.