



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

Release Date: Tuesday, September 11, 2018

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**Free Community Diabetes Empowerment
Education Program Available Soon in Pike County**

Are you living with diabetes or pre-diabetes? The Area Agency on Aging District 7 (AAA7), along with the Ohio Department of Aging, will soon be offering a special diabetes education program in Jackson that is available to individuals in the community at no cost.

The Diabetes Empowerment Education Program™ (DEEP) is open to anyone age 60 or older who is on Medicare or Medicare/Medicaid. Over the six-week workshop, participants will meet for two hours each week and discuss the following modules:

- Module 1. Beginning Sessions & Understanding the Human Body
- Module 2. Understanding Risk Factors for Diabetes
- Module 3. Monitoring Your Body
- Module 4. Get Up and Move! Diabetes & Physical Activity
- Module 5. Management of Diabetes Through Meal Planning
- Module 6. Diabetes Complications: Identification and Prevention
- Module 7. Learning about Medications & Medical Care
- Module 8. Living with Diabetes: Mobilizing Your Family and Friends

An upcoming DEEP workshop will be held in Waverly starting October 1st and ending November 5th. Participants will meet on Mondays from 1:00 pm until 3:00 pm at the Garnet A. Wilson Public Library, located at 207 N. Market Street in Waverly.

Pre-registration is required by September 24th by calling the AAA7 toll-free at 1-800-582-7277, extension 284.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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