



NEWS RELEASE – Area Agency on Aging District 7

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**Chronic Pain Self-Management Telephone Class to
Begin January 13th Through the AAA7**

Wellness classes provided by the Area Agency on Aging District 7 (AAA7) are continuing over the phone due to the coronavirus pandemic.

Beginning January 13th through February 17th 2021, the AAA7 will be offering a Chronic Pain Self-Management Program through a telephone conference call. The format will allow the AAA7 to connect and support class participants while they learn valuable tools to deal with chronic pain. The telephone conference classes will be facilitated by AAA7 staff through a toll-free call-in number. Classes will be held weekly on Wednesdays from 1:30 pm – 2:30 pm.

Chronic pain is any pain that lasts for more than three months. Chronic pain can have a profound negative effect on a person's well-being and quality of life leading to depression, exhaustion and isolation. More than 100 million people suffer with chronic pain in the United States.

The class is not a substitute for medical treatment, but can give you tools and ideas to improve or complement treatments and other efforts to manage your pain. Participants will learn about treatment options and be better able to make informed decisions about the treatments that are right for them.

Those who are interested must pre-register for the class. Once registered, participants will receive a free Chronic Pain Self-Management kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls. Participation in the weekly telephone conference calls is required to receive the kit at no cost.

Residents 60 and older in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton counties are eligible to register at no cost. To register for the class, please call the AAA7 at 1-800-582-7277 and ask for Hannah at extension 247, or e-mail info@aaa7.org. In order to receive the materials in the mail in time for the start of the class, registration deadline is December 30th.

Those who are interested are encouraged to register to stay socially connected and learn proven strategies to manage chronic pain and feel better.

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 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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