



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

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## **Chronic Disease Self-Management Telephone Classes to Begin October 23<sup>rd</sup>**

Wellness classes provided by the Area Agency on Aging District 7 (AAA7) have started back up after a time off due to the coronavirus pandemic. While physical distancing requirements remain in place, a creative solution to offer the programs has been developed.

Beginning October 23<sup>rd</sup>, the AAA7 will be offering the popular Chronic Disease Self-Management Program through a telephone conference call. The format will allow the AAA7 to connect and support class participants while learning valuable tools to manage diabetes. The telephone conference classes will be facilitated by AAA7 staff through a toll-free call-in number. Classes will be held weekly on Fridays beginning October 23<sup>rd</sup> through November 27<sup>th</sup> from 1:30 pm until 2:30 pm.

Participants in the Chronic Disease Self-Management Program will gain needed support in addition to a number of other benefits including:

- Learning practical ways to deal with pain, fatigue and depression
- Discovering ways to be more physically active
- Learning how to eat healthier
- Learning better ways to talk with your physician and family about your health
- Setting personal goals
- Finding ways to relax and deal with stress

Those who are interested must pre-register for the class by October 16<sup>th</sup>. Once registered, participants will receive a free Chronic Disease 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 age 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 one of the classes, please call the AAA7 at 1-800-582-7277 and ask for Hannah at extension 247, or e-mail [info@aaa7.org](mailto:info@aaa7.org). In order to receive the materials in the mail in time for the start of the class, registration deadline is October 16<sup>th</sup>.

Those who are interested are encouraged to register to stay socially connected and enhance their skills about chronic disease self-management.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. 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](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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