



NEWS RELEASE – Area Agency on Aging District 7

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Contact: Jenni Lewis, Community Outreach

PO Box 154

Rio Grande, OH 45674

Phone: 1.800.582.7277, ext. 224

E-Mail: jlewis@aaa7.org

Website: www.aaa7.org

**Chronic Pain Self-Management Virtual Class to
Begin May 27th Through the AAA7**

The Area Agency on Aging District 7 (AAA7) is planning its first virtual wellness class starting soon in May.

Beginning May 27th through July 1st, 2021, the AAA7 will be offering a Chronic Pain Self-Management Program through a virtual format. The program will allow the AAA7 to connect and support class participants while they learn valuable tools to deal with chronic pain. The virtual classes will be facilitated by AAA7 staff. Classes will be held weekly on Thursdays from 10:00 am until 12 Noon. Participants must have a web cam and strong internet connection in order to participate.

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 virtual meeting information prior to the start of the class. Contents in the kit will be used for the weekly meetings. Participation in the weekly virtual meeting 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 May 13th.

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 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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