



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

Release Date: Thursday, August 26, 2021

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Chronic Disease Self-Management Telephone Classes to Begin September 21st

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

Beginning September 21st, 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 their chronic disease. The telephone conference classes will be facilitated by AAA7 staff through a toll-free call-in number. Classes will be held weekly on Tuesdays beginning September 21st through October 26th 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 September 7th. 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 Carla at extension 284, 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 September 7th.

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 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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